

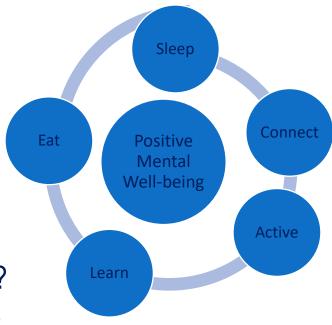






Think about...

- What did your young person have for breakfast this morning?
- What time did your young person go to bed last night/sleep?
- Does your young person have a mobile phone? Where is it kept to charge at night?
 - What hobbies/clubs is your young person involved in?
 - What is your young person's favourite book?
- Where does your young person usually complete homework?



BROWTH MINDSET







Mrs Edwards Head of Year







Welcome to Rutlish 3.9.24 – Our First Day

























Person	Intentions			
Mrs Edwards Head of Year	Pastoral Team awareness Tutor programme Curriculum – supporting resources			
Mr Giles Deputy Headteacher	Standards Safeguarding			
Ms Doherty Assistant Headteacher	Importance of Attendance Support/TAMHs Team			
Parental 'Homework'	'365' Form			







Yr 7: Tutor Team

7A - Argonauts	Mr Oti-Akenten (DT)
7C -	Dr Mc Cool (ICT)
Carthaginians	Mr Paliotta (Director of Sport)
7K - Kelts	Ms Sagar (MFL)
7P - Parthians	Mr Ahmed (Maths)
7R - Romans	Ms Nixon (Head of Physics)
7S - Spartans	Mr Oldridge-Turner (History) Ms Bell (Tuesday)
7T - Trojans	Ms Barbo (RE)
7V - Vikings	Ms Mahmud (Science)

Head of Year Mrs Edwards

Deputy Head of YearMr Evans





Support overview



 Tutor (usually first port of contact especially Autumn Term. subject questions direct to teacher and/HOD)

DHOY / HOY

SEN Department

Inclusion Department





Week 1	Week 1	Week 1	Week 1	Week 1	
Monday	Tuesday	Wednesday	Thursday	Friday	
7C / 7K / 7P / 7V	7S / 7T / 7A / 7R	Learning equipment and	Numeracy	Action For Happiness	
Half School Assembly	Half School Assembly	supporting resources			
				200	
7S / 7T /7A / 7R	7C / 7K / 7P / 7V		T		
Everybody Reads in Class	Everybody Reads in Class				
(ERIC)	(ERIC)				
R C C C C C C C C C C C C C C C C C C C	RIC				
Week 2	Week 2	Week 2	Week 2	Week 2	
Monday	Tuesday	Wednesday	Thursday	Friday	
7C / 7K / 7P / 7V	7S / 7T / 7A / 7R	Literacy	Year 7 Assembly	Leadership	
Half School Assembly	Half School Assembly				
			SCHOOL ASSEMBLY		
7S / 7T /7A / 7R	7C / 7K / 7P / 7V	6	ASSEMBLI	110	
Everybody Reads in Class	Everybody Reads in Class	Literalcy			
(ERIC)	(ERIC)	Line alc y		1238	
RIC	RIC		MOOSSIE SANGLE		





Key Events: 2024/2025

Autumn Term

Activities Day
Wednesday 11 September

Welcome BBQ

Friday 27 September

Commemoration

Tuesday 1 October

Pantomime

Thursday 12 December

Spring Term

Parents Evening

Thursday 20th March

Tutor/House Reward
Trip

(TBC)

Summer Term

Cultural Fair

July 2025

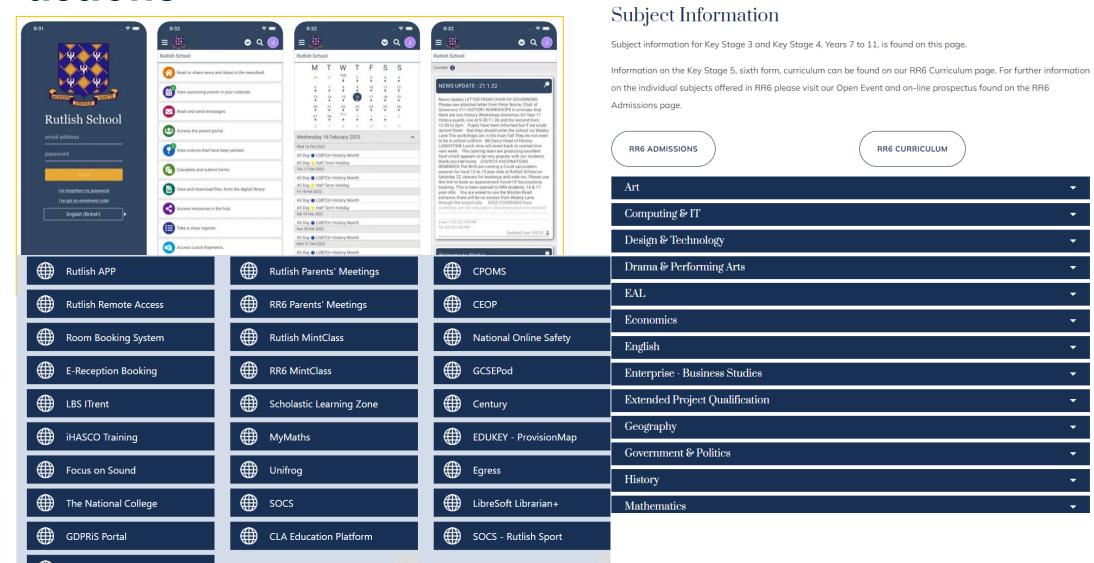
CONTACT US





actions





HOME

ABOUT US

SCHOOL LIFE

SAFEGUARDING

🔰 X (TWITTER) 🛮 👔 RUTLISH APP 🛮 告 PARENTS' EVENING 💡 OPENCHECK 📮 RUTLISH 365 🖀 RUTLISH SCHOOL SPORT

RR6

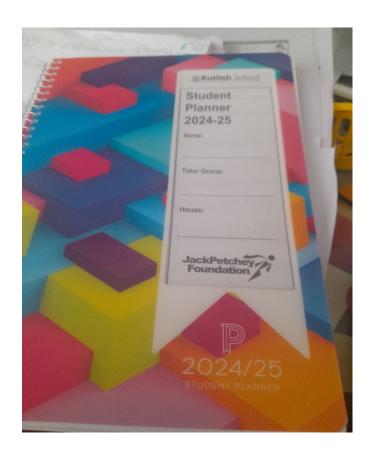
WORKING AT RUTLISH

NEWS





Timetables & Planners



1Mon		1Tue		1Wed		1Thu	1Fri	
1Mon:1 English La CRE		1Tue:1 Geography OF C		1Wed:1 English L a AAT		1Thu:1 Computer Scier PSM IT1	1Fri:1 English La AAT	EN3
1Mon:2 Art FM	AR2	1Tue:2 Science JPR	G8	1Wed:2 Maths SK	F1	1Thu:2 PSHEE HRE C4	1Fri:2 Des.Tech CFR	DT2
1Mon:3 Maths VT	T1	1Tue:3 English La CRE E		1Wed:3 Des.Tech CFR	DT2	1Thu:3 Maths VT T1	1Fri:3 Science HN	F3
1Mon:4 French AAR N	//FL5	1Tue:4 Physical E HSC F		1Wed:4 French AAR	MFL5	1Thu:4 Physical E HSC PA1	1Fri:4 Drama MJE	DR2
1Mon:5 History DOT	C6	1Tue:5 Maths VT		1Wed:5 Rel. Edu . ABA		1Thu:5 French AAR MFL5	1Fri:5 Music DST	MU2





Extra-curricular and enrichment

Year 7 Enrichment





Active

Pative

Curious

United in Exceller				
Monday	Tuesday	Wednesday	Thursday	Friday
Basketball 3:00-4:15pm, External coach	Indoor Rowing 7.45-8-20am, Mr Joyce	Strength & Conditioning 7.45-8-20am, Mr Scott & Mr Towell	Badminton 7.45-8-20am, Mr Towell	
	Basketball 3:00-4:14pm, Mr Towell		Athletics 3:00-4:15pm, Mr Paliotta	
	Tennis 3:00-4:15pm, Mr Joyce			
	Table Tennis 3:00-4:15,pm Mr Russel			
	Drama club Lunchtime, DR1, Ms Dawkins	Drama Club Lunchtime, DR1, Ms Dawkins	Drama Club Lunchtime, DR1, Mr Jackson-Embling	Drama Club Lunchtime, DR1, Mr Jackson-Embling
Free play Jam Music Club Lunchtime, MU1, Mr Evans	Music—Guitar Ensemble (sign-up required) Lunchtime, MU1, Mr Evans	Music—Advanced Theory Lunchtime, MU1, Mr Evans	Music - Quiet free play, Lunchtime, MU1, Mr Evans	Karaoke Lunchtime, MU1, Mr Evans
SEND Arts & Crafts Club (After Half Term) 3pm-4pm, SEN 10 & 11, Ms Donna Crookes	Art Club: Painting & Drawing 3-4pm, Mrs Narbutt & Ms Marriot		Art Club 3-4pm, Art 2, Miss Marriot	
			Gardening Club (Week 1) 3-4pm,C8, Ms Auckle All students will require a change of clothes	
Handwriting Challenge Before/after school, break and lunchtime, LRC, Ms O'Brien	Handwriting Challenge Before/after school, break and lunchtime, LRC, Ms O'Brien	Handwriting Challenge Before/after school, break and lunchtime, LRC, Ms O'Brien	Handwriting Challenge Before/after school, break and lunchtime, LRC, Ms O'Brien	Handwriting Challenge Before/after school, break and lunchtime, LRC, Ms O'Brien
Library 8.00-8.30am	Library 8.00-8.30am	Library 8.00-8.30am	Library 8.00-8.30am	Library 8.00-8.30am
	Pokemon Game Club Break time, DR2, Mr Jackson-Embling			Pokemon Game Club Break time, DR2, Mr Jackson-Embling
Prayer Room Lunchtime, F1	Prayer Room Lunchtime, F1	Prayer Room Lunchtime, F1	Prayer Room Lunchtime, F1	Prayer Room Lunchtime, F1
				Chess club Lunchtime, S5, Mrs Guliyeva
Dungeons & Dragons Club 3-4pm, EN8, Mr Neesham	SEN Students Study Support 3-4pm, Progress Centre	British Sign Language Club (Week 2) 3-4pm, DT5 Ms Bhaga & Ms Wildman (prior booking only)	Coding Club 3-4pm, IT2	
	Catan & Ticket to Ride Games Club (Week 2) 3-4pm, S7, Mrs Guliyeva		SEN After School Club 3-4pm, Progress Centre	
Competitive Games Club 3-4pm, S9, Mr Bashir	Problem Solving Club (Week 1) 3-4pm, S7, Miss Foster		Book Club 3-3.45pm, LRC, Ms O'Brien	
	SEN After School Club 3-4pm, Progress Centre		Gender & Sexuality Alliance, (week 1) 3-4pm, RU5	
	Rutlish Eco-Committee (Week 1) 3.10-4pm, C8, Ms Auckle		Warhammer Club 3-4pm, DT4, Ms Bhaga	





Mr Giles Deputy Headteacher

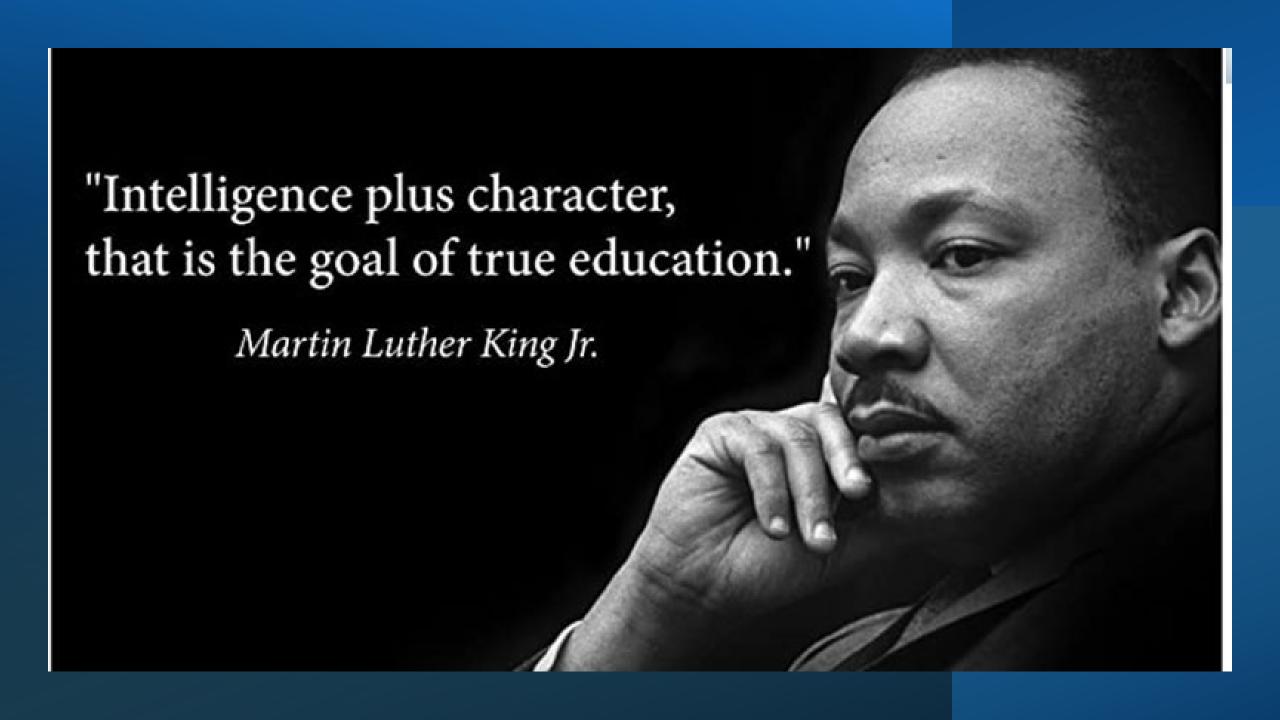






'A calm and orderly environment where young people can flourish'









Behaviour Priorities

Respect Aspiration Equality Learning





Expectations: behaviour and achievement



- Achievement points
- House Points

- ✓ Rewards Shop
- ✓ Celebration of Achievement
- Prizegiving





Expectations: uniform







Uniform



- Blazer
- Shirt: top button fastened and shirt tucked in at all times
- Tie: school tie, worn with at least six double stripes showing
- Jumpers: plain black V-neck jumper (optional)
- Trousers: black trousers: no jeans, chinos, cords, pinstripes
- Socks: black or grey socks
- **Shoes:** sensible plain black shoes: no trainers or leisure/canvas shoes. Shoes should afford protection & be suitable for a formal situation & any laces should be black
- Coat: plain outdoor/waterproof coat: hooded sweatshirts & tracksuit tops are not acceptable as coats
- Hat: Sensible woolly hat for winter: no baseball caps, balaclavas or similar
- Jewelry: Watch only, no wrist bands, neck chains/pendants
- PE Kit





Travelling to and from school







Expectations: behaviour and achievement



No Notice Detention





Expectations: behaviour and achievement



- ✓ Hand in before registration
- ✓ Collect at the end of the day

1st:

Detention + 24 hour confiscation

2nd or more:

Detention + 5 day confiscation





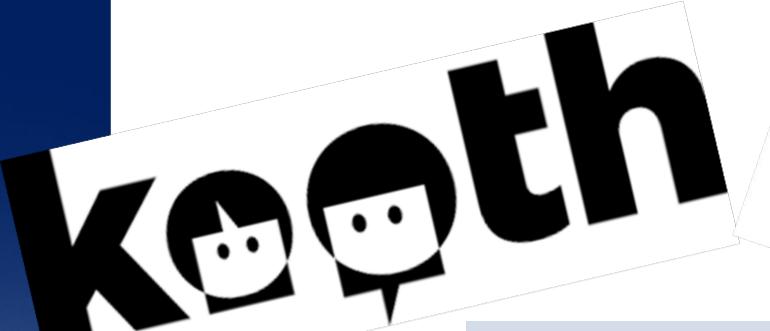
Unacceptable Behaviour



- Smoking, vaping on site or bringing tobacco products, lighters or vaping products to school
- Bringing drugs, alcohol or any other recreational substance on site, or being under the influence of drugs or alcohol
- **Bullying** repeated; intended to hurt someone either physically or emotionally
- Violence towards any member of our community
- Bringing in, having possession of, or using any item that could be a weapon.
- Any verbal assault to any member of the school community (swearing, discriminatory comments)
- Leaving site without permission
- Using social media to abuse or humiliate students, staff or the school











Anti-bullying referral form



View Pupil House Reward Points





Ms Doherty Assistant Headteacher







Expectations: attendance and punctuality

Period	Times		
Registration / Assembly	<mark>8.30am</mark> - 8.50am		
Period 1	8.50am - 9.50am		
Period 2	9.50am - 10.50am		
Break	10.50am - 11.15am		
Period 3	11.20am - 12.20pm		
Period 4	12.20pm - 1.20pm		
Lunch	1.20pm – 1.55pm		
Period 5	2.00pm - 3.00pm		





Attendance matters



Safeguarding

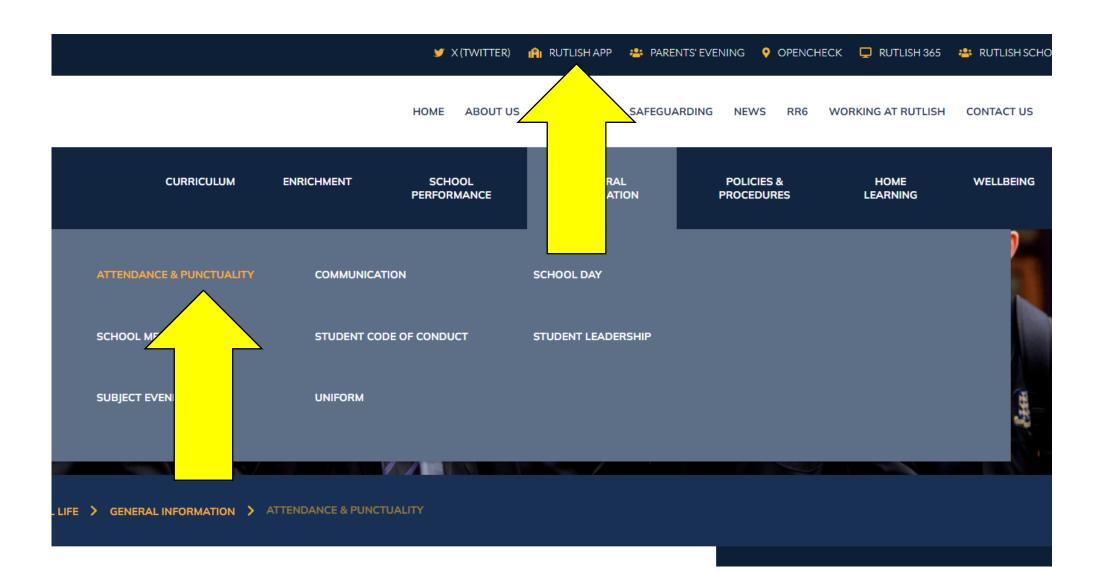


Outcomes





Attendance Information







Student Wellbeing and Mental Health

Prevention

PSHE Curriculum

PE Curriculum

Assemblies/Events

Workshops

Peer to peer support

Intervention

Mentoring

'Reach Out'

School Nurse

Safer Schools Officer

Anti-Bullying Ambassadors

Intervention

Education Wellbeing Service

EWPs (Education Wellbeing Practitioners)

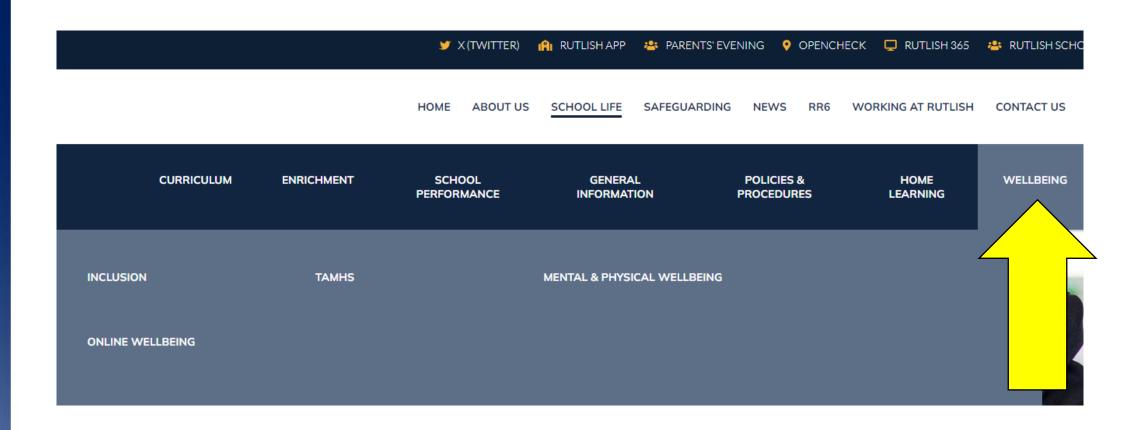
Art Therapists

Clinical Consultation





Student Wellbeing and Mental Health





Merton Education Wellbeing Service Our offer at Rutlish High School







Two strands to our service...



Merton TaMHS
Targeted CAMHS in Schools Service







South West London and St George's Mental Health NHS Trust

Wave 6 Merton Mental Health Support Team















What we offer at Rutlish...

Secondary Young People 1:1 Guided Self-Help

Guided-Self Help with Young People in school aged 11 - 18 for 6-8 weeks to support with common and emerging difficulties with:

-Mild-Moderate Anxiety - a cognitive and behavioural program designed to help young people with their anxiety. Including for Building recent Panic Attacks, Social Anxieties, Building Confidence, Worrying and Overthinking, Phobias, Perfectionism, Early Emotionally-Based School Avoidance, Anxiety impacting sleep

-Mild-Moderate Low Mood - a cognitive behavioural program designed to help young people with their mood. Including for loss of motivation, reduced energy, stress and anger, reduced meaningful activity and sleep difficulties





We also support Rutlish and other schools to embed a Whole School Approach to mental health and wellbeing, through:

- Consultation and signposting
- Staff training and workshops
- Reflective practice and wellbeing sessions for staff
- Contributing a mental health perspective to the curriculum and to school policies
- Workshops and groups for pupils and parents





WELLBEING TOOLS

SUPPORT NETWORK

Sometimes when we go through a big change, or have feelings we might not completely understand, we can feel lonely. It is important to identify people in your life that are part of your support network. This is a group of people (or pets) who can provide support, advice or just listen to us when we have worries or want someone to talk to.

Have a think about who is in your support network that you can call on if you need

WINDING DOWN

When we start something that is new, or daunting, we can spend a lot of our time thinking about it. It's common to worry about what happened during the day, what we said or didn't say, or did and didn't do. This is normal and understandable. However, it is really important to find ways to unwind when you finish school and do things that make you feel good, or help you relax.



WE CAN OFFER YOU MORE SUPPORT

Sometimes we need a bit more support to help us cope with or manage difficult feelings.

The Education Wellbeing Service is a confidential NHS Service designed to support children and young people. We provide 1-2-1 support using evidence based programs to support the following common difficulties:

- Anxiety
- Low Mood
- Anger
- · Sleep Difficulties
- Low Motivation
- Overthinking

If you are noticing you are starting to struggle with your mental health, a practitioner in school might be able to support you. If you would like to know more, please talk to

If you would like to know more, please talk to your tutor or head of year. They can support you to make a referral to the service, or answer any questions you might have!



For general mental health and wellbeing guidance, check out our YouTube channel





Year 7

SURVIVAL GUIDE

Moving to secondary school can be an exciting time, but also a time that can understandably bring about lots of worries or fears, as it's a big change in your life!

Do any of these thoughts sound familiar?

What if I don't make any friends?

The teachers will be more strict here...

I am going to get lost as it is so big compared to my primary school...

It is really important to remember that it's normal to be nervous, and that everyone is facing similar challenges. This guide will provide you with our top tips for managing worries and surviving the early days of secondary school.







Some students feel worried about finding their way around as secondary schools are usually much bigger than primary schools. This is a totally understandable worry, and there may be a time where you do get lost!

IF YOU DID GET LOST, WHAT COULD YOU DO?



- Carry your timetable with you.
- Ask a teacher.
- Ask a student- you might make a new friend.
- Use the map in your planner

REMEMBER!

You aren't the only one feeling like this, and teachers are aware of this change and do their best to be really supportive.

2 MAKING FRIENDS

Starting secondary school and leaving old friends from primary school can feel sad and worrying. The good news is that there are lots of opportunities to meet new people, try new activities and make new friends at secondary school.

- Step out of your comfort zone!
 Smile, say hello, and introduce
 yourself. It might feel scary, but
 most people are in the same boat and want to
 make new friends. They might even be
 grateful you started the conversation as they
 were too nervous themselves!
- Find common interests which you can talk about or pursue together.
- Don't rush! Good friendships form gradually as you learn more about each other.
- Join a club or activity where you can meet new people with similar interests as you.



Try and set yourself a challenge to speak to 5 new people over the next week, even if that is just to say hi. Remember-if you reach this goal, reward yourself!



3 HOMEWORK

Another common worry for students moving to secondary school is being able to manage more homework than you were used to at primary school. Remember that you are not the only one feeling like this, and that teachers are aware that this might be tricky for you.



- If you find yourself feeling overwhelmed, ask for help! You might be able to meet a teacher during break or lunch to go through the homework, so you are clear on what you need to do.
- Or, you could ask a trusted adult at home to support you and help with scheduling your workload.
- Reach out to your classmates to see if you can work together and help each other out.







Have you noticed a change in your emotional wellbeing?

We could offer you support and guidance...

The Education Wellbeing Service is a confidential NHS Service, based in schools, designed to support young people aged 11-18.

We offer 1-to-1 support in the form of guided self-help sessions to support the following common difficulties:

- Anxiety
- Low Mood
- Anger
- Sleep Difficulties
- Low Motivation
- Overthinking

You will learn skills and strategies to make positive changes to your wellbeing.





To find out more, speak to a member of the inclusion team or another trusted member of staff OR email

Wave6MertonMHST@swlstg.nhs.uk

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Merton TaMHS Targeted CAMHS in Schools Service





DR ROSIE WATERFIELD Clinical Lead Counselling Psychologist

Our Team



CARRIE TSE TaMHS Clinician Art Psychotherapist



RACHEL BYRNE TaMHS Clinician Art Psychotherapist











What We Offer Parents and Young People

Extended therapeutic assessments with the student and their network to build understanding of their difficulties

Direct one-to-one Art Psychotherapy for students

Parent/Child Dyadic Art Psychotherapy (a joined-up approach to Art Psychotherapy involving students and their parents/carers

Parent/family consultations/reflective spaces

Psychoeducation sessions

Tailored workshops

Targeted groups

Link liaison with CAMHS specialist Getting More Help services and MHST

Signposting and referrals to partner services (e.g. MHST, Jigsaw4u, Off the Record) and specialist CAMHS services







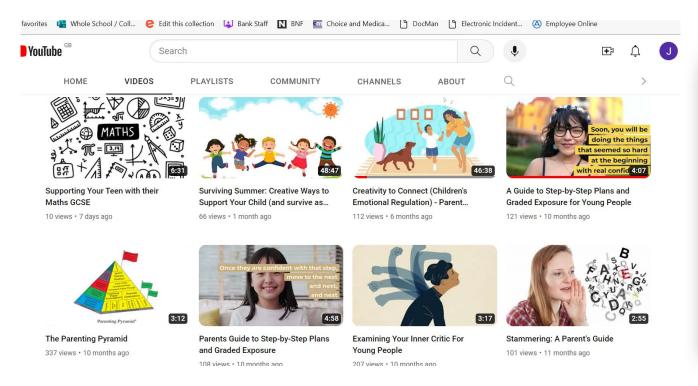
Art Psychotherapy

- Art Psychotherapy provides a different way for individuals to explore, communicate and explore their inner world, experiences and feelings alongside a therapist. This also means an ability to work creatively alongside service users and their networks to co-create their therapy goals.
- Our individual therapy offer is available to students with a variety of presenting problems (e.g. anxiety, low self-esteem, low mood, bereavement, family relationship difficulties, emotionally-based school avoidance), who do not require 'Getting More Help' support from CAMHS (often referred to as Tier 3). If a student's needs exceed our threshold, we will identify the appropriate service to signpost onwards and support with referrals.
- We review therapy at the six-week mark with the possibility of extending depending on the student's preferences, needs and discussion with the school.
- We also offer Parent/Child Dyadic Art Psychotherapy a joined-up approach to Art Therapy, involving students and their parents/carers in the therapy session together.
- Our clinicians also offer targeted Art Therapy groups and creative workshops for parents or staff.





Our YouTube Channel: @educationwellbeingservice









Online webinars for Parents

Parents have said:

"New, fresh information - plus strategies I can imagine using."

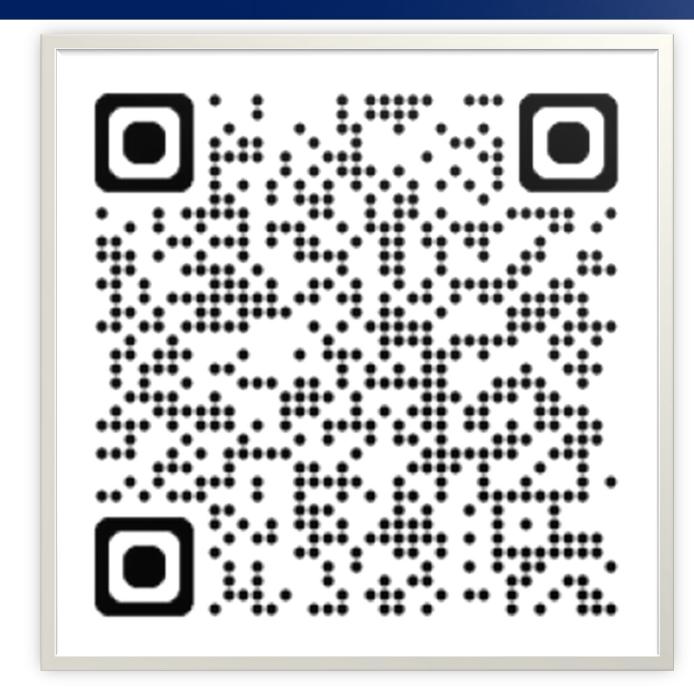
"It was real - parenting can be hard but there are small
changes we can make to help our teenagers."

"Good structure and pace, great to hear directly from experts!"

100% of parents who attended the webinars last year said they would recommend them or similar workshops to friends/family











Find out more on our website...







Mrs Edwards Head of Year







PTA Welcome Aboard BBQ



Connect - Celebrate - Collaborate

Rutlish School Parents



For quick approval, scan the code by Wed 11 Sep



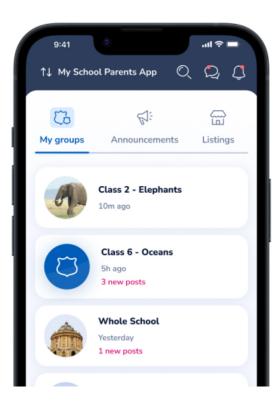
https://classlist.page.link/kVU9vsqU Muh8Hdbk7

Parents love using Classlist to:

- 👸 Connect with class families
- Organise meet-ups and birthday parties
- Get tickets to events

GDPR compliant, private and secure.

www.classlist.com



Google Play Google Play Download on the App Store

PTA

- Events
- Pre-loved Uniform
- Fundraising
- Parent to parent networking





THANK YOU!



We will all work together to make sure your child 'flourishes'

365 – 'Homework'