



# RGS SPOTLIGHT

## Our first term at RGS - An insight from two Year 7 students about their first term at RGS

*My first term at RGS has been such a fun ride. When I first started here, I was a bit #nervous that I would not be able to find my way around, but everyone here has been so welcoming. All the teachers were so dedicated to making our transition as smooth as possible. Everywhere you turn there will be someone to help you.*

*During lessons, the teachers were all so supportive, making sure we understand everything. Even in the subjects I had not done before, I felt as though the classroom was a safe space to learn and make mistakes. In most subjects, we would get knowledge organisers which helped so much to stay organised and revise on my own.*

*As with any new thing, starting at RGS came with lots of new responsibilities but also new opportunities. There were elections for Form rep and Student council, house competitions and so much more. There was something for everyone. I went to lots of different lunchtime clubs, made so many friends and met so many amazing people.*

*In conclusion, my first term at RGS has truly been a great one. I cannot wait to come back again.*

**Eni - 7HG**

*Hi, I am Darcy and although I have only attended RGS for a term, I already love it here. In the past term I have already enjoyed so much from joining clubs like choir, to off timetable weeks like Resilience Week.*

*Before I started at RGS, I was so scared about being late or getting lost, however since I arrived at this amazing school, I have grown not only as a student, but also as a person.*

*I am so proud to not only be a student but also to be a part of the community.*

*Thank you.*

**Darcy - 7TMb**




**Dates for the diary:  
Parents Evenings**

**12/11/25 - YEAR 8 PARENTS EVENING (IN PERSON EVENT)**  
3.45-6.45PM - APPOINTMENTS MADE VIA [WWW.PARENTS-BOOKING.CO.UK/LOGIN](http://WWW.PARENTS-BOOKING.CO.UK/LOGIN)

**10/12/25 - YEAR 11 AND 13 PARENTS EVENING (IN PERSON EVENT)**  
3.45-6.45PM - APPOINTMENTS MADE VIA [WWW.PARENTS-BOOKING.CO.UK/LOGIN](http://WWW.PARENTS-BOOKING.CO.UK/LOGIN)



**Other key dates for Term 2**

**24/11/25 - YEAR 7 AND 8 FIRE SAFETY TALK FROM KENT FIRE AND RESCUE**  
**26/11/25 - SIXTH FORM OPEN EVENING: 6-8PM**  
**9/12/25 - RGS CAROL CONCERT AT ROCHESTER CATHEDRAL: 6-9PM**  
**12/12/25 - YEAR 8 AND 9 SCHOOL DISCO: 6 - 8PM**  
**17/12/25 - CHRISTMAS LUNCH + JUMPER DAY**  
**19/12/25 - END OF TERM 2 - 12.30PM FINISH**



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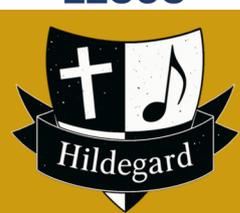
**5th**  
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**6th**  
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**3rd**  
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## Harvest Festival Round-up 2025

This year we again supported our local Medway Foodbank in our annual Harvest Festival events. We would firstly like to thank all students and their family's for the levels of generosity shown throughout this event. The level of donations received was incredible, and of course warmly welcomed by the Medway Foodbank who collected these during the last week of Term 1. These will be used to support the most vulnerable families within our wider local community.

Also to be recognised are the efforts of students and their Form Tutors in the annual 'Best dressed box' house competition. This years chosen theme was set as 'Medway' - with each house taking on their own interpretations of how this would be portrayed. The level of effort and detail that went into these, was as always, fantastic!

A special mention should be paid to both **Byron House** who won the overall 'Best Dressed Box' competition with their take on a Dickensian Medway, and **Somerville House** for the 'Most donations received' competition.

The event was culminated with a Harvest theme assembly led by Mrs Brinklow - recognising the roots and history of the harvest tradition.



## Macmillan Bakesale Results



Thank you to all parents/carers who supported with our annual Macmillan Coffee morning. Through your contributions, we were able to raise a fantastic **£367.97** for Macmillan!

YOUNGMINDS

**Hello  
Yellow**  
FRIDAY 10 OCT

Thank you to all parents/carers who donated towards our Hello Yellow event on the 10/10. We were able to raise a total of **£90.35** for YoungMinds

## Tutor Board Competition

Every Term 1, we set an annual Form Tutor Board competition based on a chosen theme. This years theme was set as 'inspirational women'. The efforts and interpretations for these were fantastic, with a special mention to Cassidy House as overall winner for this competition. Below are just a few examples of some of the brilliant efforts ...



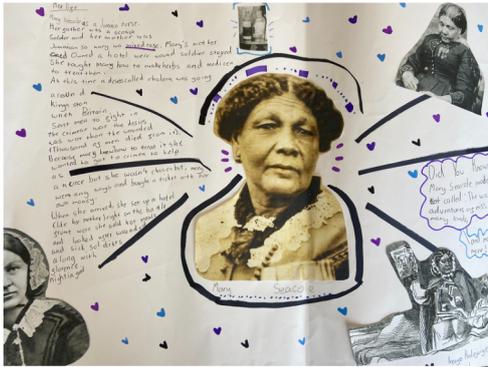


# RGS SPOTLIGHT

## Black History Month



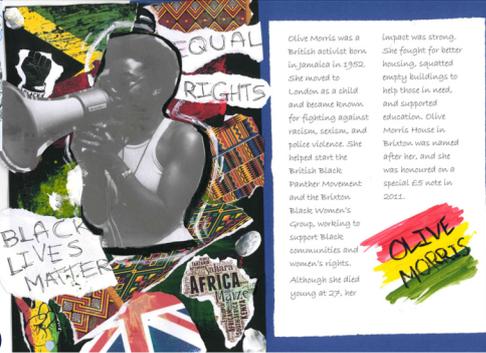
Ireayo (7CD)



Ibitope (7HG)



Momoreoluwa (8BY)



## Road Safety Reminders

Throughout October, RGS proudly celebrated Black History Month with a range of activities designed to educate, inspire, and honour the contributions of Black individuals past and present. Students engaged in assemblies, creative projects, and classroom discussions exploring themes of identity, resilience, and cultural heritage. Highlights included poetry entries, historical spotlights, and artwork inspired by influential Black figures. These experiences encouraged reflection, empathy, and a deeper understanding of diversity. We're committed to continuing these conversations beyond October, further promoting inclusive values into everyday learning. Thank you to all staff and students who helped make this a meaningful and memorable celebration.

We would like to remind all parents/carers of an issue that continues to cause concern for staff, students, and members of our local community: unsafe and inconsiderate driving and parking around the school site.

Despite previous reminders, we are still seeing instances of cars blocking driveways, parking on pathways - as well as then driving down the pathway to rejoin the main road, parking on double yellow lines, stopping in unsafe areas - including the middle of the road during drop-off and pick-up times, and performing u-turns in front of on-coming traffic to avoid having to turn around further down the roadway.

These behaviours not only disrupt traffic flow but also pose a serious risk to student and pedestrian safety. We are also aware this is not an issue isolated to just RGS, with a number of parents/carers from Sir Joseph Williamson's Mathematical School also involved.

We kindly ask for our own parents and carers to:

- Park only in designated areas and avoid obstructing residential access.
- Please do not park on the pathway and/or block pedestrian access
- Refrain from stopping in the middle of the road to drop of your child - we have had near misses where cars have undertaken in the bus lane.
- Turn in designated areas only - a reminder that there is a turning opportunity just beyond the Shell garage further along the Maidstone Road, as well as within adjacent nearby side-roads.
- Drive slowly and remain vigilant for children crossing along the Maidstone Road

As a school, we will:

- Continue to educate and remind students of the importance of using the crossings provided, and appropriate pedestrian conduct
- Permit exiting the school site for all students via the main pedestrian gate only
- Restrict traffic into/onto the school site at busy periods



We understand that mornings and afternoons can be busy, but safety must remain our top priority. We are working closely with local authorities to monitor the situation and may take further action if necessary, including reporting any dangerous driving/parking - where required.

Thank you for your cooperation and for helping us maintain a safe and respectful environment for all.





# RGS SPOTLIGHT



## Sporting Round-up Term 1

### Term 1 Football Highlights



#### U13s

The newly formed U13 team made a remarkable entrance in their first ever match, delivering a dominant performance. Ceana was in sensational form, netting six goals, while a number of Year 7 players impressed in their debuts, showing great promise and teamwork.

#### U14s

The U14s kicked off their campaign with a strong win over Rainham Girls in Round 1, showcasing determination and skill. Despite a solid effort in Round 2, they were edged out by Rainham Mark, conceding two goals that came against the run of play.

#### U15s

The U15s started with flair, securing a convincing 6-1 victory against Sittingbourne School. However, like the U14s, they faced disappointment in Round 2, falling to two opportunistic goals despite controlling much of the game.

#### Looking Ahead

All teams will continue to compete in the Medway League this year, with plenty of opportunities to build on their strong starts and develop further as squads.

### Netball Tournament Success – Year 7 & 8

The RGS Year 7 and 8 netball team showed great resilience and teamwork as they battled through a challenging Medway Netball Tournament, hosted at RGS for the very first time.

Facing strong competition from across the district, the team performed brilliantly and came away with a well-earned 3rd place finish. It was a fantastic morning of sport, played in excellent spirit and giving students a valuable opportunity to compete against other Medway schools.

### Year 11 GCSE PE Rock Climbing Trip – Lower Grange Farm

Year 11 GCSE PE students recently took part in a challenging two-day rock climbing trip to Lower Grange Farm, as part of their practical assessment in GCSE PE.

The trip tested students both physically and mentally, but they showed outstanding resilience and determination throughout. Their performance was praised by the climbing staff, who provided excellent feedback which was reflected in their fantastic assessment marks. It was a rewarding experience that allowed students to demonstrate their climbing skills in a real-world environment, supporting their progress in GCSE PE.



## Attendance Recognition

### **100% Primary School Attendance Award**

It is with great pleasure that we recognise the fantastic accolades that one of our recently joined Year 7 students has achieved during her time within primary school.

We were delighted to hear that Chevonne (7TM) was awarded the '100% attendance from Reception through to Year 6' award from her primary school trust provider.

This is an absolutely fantastic achievement and something we feel deserves special recognition!

A very big well done from all of us at RGS Chevonne!



### **100% Term 1 Attendance**

It is with great pleasure that we also had over 600 students achieve 100% attendance for Term 1 - this is a fantastic achievement!



# RGS SPOTLIGHT

## Year 7 Resilience Week

In Term 1, our Year 7 students took part in an inspiring Resilience Week, a dedicated programme designed to help them grow in confidence, collaboration, and character. Through a series of engaging activities, students explored key life skills such as teamwork, decision-making, problem-solving, and perseverance.

Each day presented new challenges, from outdoor team-building games to creative problem-solving workshops. Students worked in mixed groups, encouraging them to step outside their comfort zones and build new friendships. Whether navigating obstacle courses, designing group projects, or tackling logic puzzles, they learned the value of listening to others, adapting to change, and staying positive in the face of setbacks.

One of the highlights was the "Team Building Day," where students had to complete tasks that tested both physical and mental endurance, all while supporting their teammates. Staff were impressed by the determination and empathy shown by so many pupils, and it was fantastic to see students cheering each other on and reflecting thoughtfully on their experiences.

Resilience Week is part of our wider commitment to personal development and wellbeing. We believe that these foundational skills are just as important as academic achievement, helping students thrive both in and beyond the classroom.

Thank you to all staff who helped deliver such a meaningful week, and to our Year 7's for embracing every challenge with enthusiasm and maturity. We look forward to building on these experiences throughout the year.



## Advice Zone



### Supporting Emotional Resilience

As part of our commitment to student wellbeing, we're sharing a selection of useful resources/top tips from the National College/Wake Up Wednesday - to help parents/carers support emotional resilience at home. These include practical guides on managing stress, building positive routines, encouraging problem-solving, and fostering open communication.

We encourage families to explore these tools together and use them to spark conversations about emotions, coping skills, and personal growth. Developing resilience is a shared journey, and with your support, we can help ensure that all students understand the importance of developing good emotional resilience.



**1 ENCOURAGE OPEN COMMUNICATION**

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

**2 MODEL POSITIVE BEHAVIOUR**

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

**3 TEACH PROBLEM SOLVING SKILLS**

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

**4 FOSTER A GROWTH MINDSET**

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort - and even failure - leads to improvement.

**5 PROMOTE SELF-CARE PRACTICES**

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

**6 BUILD HEALTHY RELATIONSHIPS**

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

**7 SUPPORT EMOTIONAL AWARENESS**

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

**8 ENCOURAGE INDEPENDENCE**

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

**9 DEVELOP COPING STRATEGIES**

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

**10 CELEBRATE SMALL WINS**

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!



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## 10 sleep tips for teens



1 Only use your bed for sleep. Don't lie on your bed outside sleep times



2 Try to go to bed and get up at about the same time every day



3 Don't consume caffeinated drinks after 2pm



4 Eat at least two hours before bed



5 Have a relaxing pre-bed routine. Clear your thoughts, meditate



6 Take a hot bath or shower (more than 20 minutes before bedtime)



7 Try drinking a milky drink or chamomile tea before bed



8 Make your bedroom a quiet place



9 Make sure your bedroom is not too hot



10 Turn your computer off. Leave your phone out of the bedroom



Dr Chris Seton, Paediatric and Adolescent Sleep Physician  
www.woolcock.org.au

## Wellbeing Zone

TOP TIPS



As we begin a new term it is important to think about your child looking after their wellbeing throughout the term ahead.

To maintain their wellbeing during term time, they should try to create a good routine including consistent sleep and mealtimes, staying physically active and plan some quality time with friends & family. These are important areas to consider and include alongside their academic schedules.

It's also important to encourage them to be kind to themselves by managing expectations (particularly around assessments and/or mock examinations and results), and acknowledging their feelings.

For those who have exams over the coming two weeks, it is of course essential for them to make time to revise and complete all the above things too. Little and often is best and encouraging them to make a timetable or to do lists to stay focused and on track is often useful.

### Tips to improve your sleep for teens

When looking after yourself it helps to get enough sleep and develop healthy sleep patterns. The below link is a useful resource from MIND to give you some tips on this.

[Tips to improve your sleep - for 11-18 year olds | Mind](#)

QR code cards are available for students to collect within school, and will soon be available on our school website too!

**Did you know** - your child can now request support for the following areas using one of the available QR codes for these within school. This is useful if your child perhaps suffers with anxiety about speaking with someone directly, but would like the opportunity to receive support within school:

- School Counselling
- General wellbeing check-in/discussion
- Anxiety Support
- Self-harm support

All requests are monitored and triaged by our in school Student Wellbeing Manager - Mrs Guerin-Hasset.



# RGS SPOTLIGHT

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## What Parents & Educators Need to Know about GENERATIVE AI SAFETY

Generative AI tools – such as ChatGPT – are now commonly used by children. In fact, 3 in 4 pupils in the 2024 Annual Literacy Survey reported using generative AI, up from just 2 in 5 the previous year. While these tools can boost learning and creativity, they also raise concerns around misinformation, privacy and overuse. This guide explores the key risks and how to support safe use.

**WHAT ARE THE RISKS?**

**MISINFORMATION AND ACCURACY**

Generative AI can sometimes produce false or misleading content. Children – and even adults – may assume the information is accurate and trustworthy. This can affect learning and understanding of important topics. It's vital to teach children to critically assess all information, even when it comes from AI.

**EXPOSURE TO INAPPROPRIATE CONTENT**

Because generative AI is trained on vast datasets from across the internet, there is a chance it may occasionally generate harmful or inappropriate content. Without supervision, children could encounter disturbing or unsuitable material. Active monitoring and clear usage boundaries can help reduce this risk.

**PRIVACY AND DATA SECURITY**

Some AI tools ask for personal details or store users' interactions. If privacy settings are not correctly configured, children's personal data could be exposed or misused. Teaching good digital hygiene and setting strong privacy controls is essential for protecting children online.

**REDUCED CRITICAL THINKING**

Relying too heavily on AI-generated responses may reduce children's willingness to think independently. If they consistently use AI to solve problems or complete tasks, it could impact their ability to reason, analyse and form their own ideas. Encouraging thoughtful reflection is key.

**DIGITAL DEPENDENCY**

Regular use of generative AI can contribute to increased screen time and less real-world interaction. If left unmanaged, it may affect physical activity levels, sleep, and social development. Striking a healthy balance between online and offline activities is important for wellbeing.

**UNCLEAR ETHICAL BOUNDARIES**

Children may not fully understand the ethical implications of using AI to complete homework or creative tasks. This can lead to unintentional plagiarism or dishonest academic practices. Conversations around responsible use and academic honesty are crucial.

**Advice for Parents & Educators**

**ESTABLISH CLEAR GUIDELINES**

Set clear, age-appropriate rules for when and how generative AI can be used. Reinforce these regularly to help children develop a healthy, respectful and informed relationship with the technology.

**PROMOTE ACTIVE SUPERVISION**

Keep an eye on how the children in your care use AI tools. Check in regularly to ensure they're using them appropriately and be ready to step in if something doesn't feel right.

**ENCOURAGE CRITICAL EVALUATION**

Help children to question the accuracy of AI-generated information and seek out additional trusted sources. This builds essential digital literacy skills and supports better decision-making.

**ENHANCE PRIVACY AWARENESS**

Talk to children about the importance of keeping personal information private. Make sure privacy settings are in place and explain how data shared with AI tools could be used.

**Meet Our Expert**

Brendan O'Keefe, Deputy Headmaster and Director of Digital Strategy at Eaton House Schools, has extensive expertise in digital safety, safeguarding, and generative AI in education. As an author and speaker on digital literacy and online safety for institutions such as The National College, Brendan guides parents and educators in creating safe digital learning environments.

#WakeUpWednesday

The National College

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[/www.thenationalcollege](https://www.thenationalcollege)
[@wake.up.wednesday](https://www.wake.up.wednesday)
[@wake.up.weds](https://www.wake.up.weds)

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## Advice Zone



### Understanding the Risks of Generative AI: A Message to Parents and Carers

As technology continues to evolve, generative AI tools like ChatGPT, image generators, and deepfake apps are becoming increasingly accessible to young people. While these tools offer exciting opportunities for creativity and learning, they also come with risks that we, as a school community, want to help you understand.

#### What Is Generative AI?

Generative AI refers to software that can create text, images, videos, or audio based on user prompts. It can write essays, mimic voices, generate artwork, or even simulate conversations.

#### Key Risks to Be Aware Of

- **Misinformation and Bias:** AI-generated content can sound convincing but may be factually incorrect or reflect biased viewpoints. Students may unknowingly rely on inaccurate information for homework or research.
- **Plagiarism and Academic Integrity:** Using AI to complete assignments can blur the lines between original work and automated output. This raises concerns about honesty and learning outcomes.
- **Inappropriate or Unsafe Content:** Some AI tools can produce harmful or explicit material, even if unintentionally. This poses risks to emotional wellbeing and online safety.
- **Digital Footprint and Privacy:** Many AI platforms collect user data. Children may share personal information without understanding how it's stored or used.
- **Social Manipulation:** Deepfake technology and AI-generated messages can be used to impersonate others or spread false narratives, which may lead to bullying or reputational harm.

### How You Can Support Your Child?

- **Talk Openly:** Discuss what AI is and how it works. Encourage curiosity but also critical thinking.
- **Set Boundaries:** Monitor which tools your child uses and set age-appropriate limits.
- **Promote Responsible Use:** Emphasize the importance of originality, safety, and respect when using digital tools.
- **Stay Informed:** Keep up with emerging technologies so you can guide your child confidently.



# RGS SPOTLIGHT

## Reverse Advent - 2025



### Reverse Advent Calendar

Items can be purchased and donated at Tesco Gillingham & Strood, Asda Gillingham and Chatham, Co-op, Walderslade and Morrisons, Strood or call the office on 01634 757057 to arrange delivery. Thank you for your kind support.

1 Tinned Fruit	2 Instant Mash	3 Custard powder or ready made	4 Tinned tomatoes	5 Instant Soup/Cup-a-Soup	6 Deodorant for men
7 Tinned potatoes	8 Toothpaste and toothbrushes	9 Squash/soft drinks - small bottles	10 Sponge or Christmas Puddings - non-alcoholic please	11 UHT/Long-life Milk	12 Sugar - 500g/small packs
13 Hot Chocolate	14 Shampoo & Conditioner	15 Plain rice - up to 1kg packs	16 Tinned Spaghetti in Sauce	17 Tinned rice pudding	18 Instant Coffee - small jars/packs
19 UHT/Long-life Milk	20 Deodorant for women	21 Ketchup or Brown Sauce	22 Spreads - jam, marmalade, choc or savoury	23 Sweet treats - Chocolates, sweets or biscuits	24 Tinned ham or corned beef

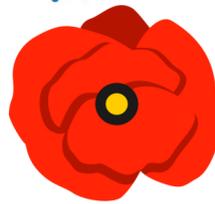
medway.foodbank.org.uk

Your donations will be going to Medway Foodbank which is a project of Help in the Community. Charity number 1166505. Registered Charity in England & Wales.

### Christmas Card Competition

This year we will be running a house Christmas Card competition - to create a festive themed Christmas Card design that encompasses any of the values of being an RGS student - Respectful, Grateful, Successful.

Cards must be of A5 size, can be created using any media - including digital, and be submitted no later than Friday 28<sup>th</sup> November to Mr Lloyd. Prizes and House Points will be awarded for the winning designs chosen by Mrs Brinklow.



This December, our school is running a Reverse Advent Collection to support our local food bank. Instead of receiving treats each day, students are encouraged to give by donating a non-perishable item daily throughout Advent. Suggested donations include tinned goods, pasta, rice, toiletries, and festive treats can be seen in the example calendar to the left.

The aim is to promote kindness, gratitude, and community spirit during the holiday season. All contributions will be collected in classrooms and delivered to the food bank before Christmas to help families in need.

Thank you for your support in making a meaningful difference this winter, every item counts.

### Christmas Dinner Day 2025

Date: 17/12/25

Information will be shared via Arbor regarding pricing etc.

### Christmas Jumper Day 2025

Date: 17/12/25

£1 donation via Arbor - Save the Children. All other school uniform expectations apply on the day.

House competition also running for 'Best Christmas Jumper' - to be judged by Mrs Brinklow throughout the day.



### CHRISTMAS JUMPER DAY

### Children in Need 2025

Friday 14<sup>th</sup> November marks Children in Need

This year, RGS will be hosting a number of school fundraisers in support of this charity.

Fundraisers such as 'guess the name of the bear', 'how many sweets in the jar' and 'guess the staff members pets' challenge, as well as a Pudsey cake raffle will be running throughout lunch during the afternoon. Prize opportunities will be available too!

We would therefore encourage students to come on the day with any spare change they may have that can be used to partake in any of the above activities, with all funds raised going towards this great charity.





# RGS SPOTLIGHT



In Term 1, we launched our first 'RGS Poetry Slam' as a part of our wider National Poetry Day events. Although this year's national theme was 'Play', we asked students to create a piece around a topic that was 'meaningful' to them.

The level of entries was fantastic with an array of different themes/topics covered, ranging from family, to hobbies, inspiring people and interests.

Despite the tough competition, we were delighted that Bell (7BYa) was chosen as the overall winner of this competition for her fantastic poem called Above. Bell will receive a £20 gift voucher and has secured 250 house points towards her overall house's annual cumulative points for this academic year

Well done Bell!!!

## Above

When I write, my mind flies. Above the cloud, above the sky. I build palaces with just a pen, and bring them to life again and again and again.

Sometimes I write to clear my head, to say the things I've left unsaid.

Everything feels heavy, loud, wide, but a spark rises inside. A hunger waiting to emerge, a rage wanting to burst.

But, when I write, time flies, above the cloud, above the sky.

Writing brings out the best in me, a great unfinished symphony, it called for ME. It can be hard, I can get stuck but soon enough I get good luck. It makes me brave, it makes me strong. It makes me feel like I belong. It was my medicine all along. I take out my pen and my paper, and when I write, I fly.

Above the clouds, above the sky.

When i'm scared, or feeling small, my paragraphs remind me I can stand tall.

So I write down what they don't see, the quiet truth that lies within me.

Above the clouds, above the sky, above my interesting little life.

*Bell (7BYa)*



## Duolingo Competition Launched

In Term 1, we launched our student led Duolingo competition - challenging students and staff to develop their languages skills using the Duolingo App. The competition was launched during a series of Year Group assemblies by Mrs Peake and Faaqia (Year 13) - whose idea it was to start this back in Term 6. We wish all competitors the best of luck with their progress!





# RGS SPOTLIGHT

Day/Time		Clubs and Enrichment Opportunities – Week A and B
Monday	Lunch	Pastoral Drop-in – All <a href="#">years</a> welcome, <a href="#">B11</a> – Head of Year Team – Ms Esmonde Design and Technology Drop-in – All <a href="#">years</a> welcome, <a href="#">T64</a> , Mrs Pearson Chess Club – All <a href="#">years</a> welcome, <a href="#">Lab 10</a> , Mr Jennings Year 10 French Listening and Writing support – Year 10, <a href="#">A28</a> , Madame Hughes A-Level/IB Spanish Support – Year 12 and 13 only, <a href="#">A31</a> , Mrs Martinez Year 7 Choir – Year 7 only, <a href="#">P78</a> , Mrs Woodman-Evans Law Society – Years 10 – 13 only, <a href="#">B16</a> , Student Led Higher Level Japanese Club – Invite Only (students who attended last year) – <a href="#">A27</a> , Mrs Friday
	After School	<a href="#">NChapt</a> – Years 10 – 13 only, <a href="#">P79</a> , Mrs Woodman-Evans Sixth Form Basketball Club – Sixth Form only (Book via Arbor), <a href="#">Sports Hall</a> , Mrs Head
Tuesday	Lunch	Pastoral Drop-in – All <a href="#">years</a> welcome, <a href="#">B11</a> – Head of Year Team – Mr Dansie Developing listening skills for GCSE Spanish – Year 10 and 11, <a href="#">A29</a> , Mrs Michael History Club – All <a href="#">years</a> welcome, <a href="#">E102</a> , Mr Edmunds Year 7 German – Year 7 only, <a href="#">A33</a> , Mrs Peake Year 11 French Support – Year 11 only (1.15 – 1.45), <a href="#">A34</a> , Mrs Syed GCSE Spanish – Year 10 and 11, <a href="#">A31</a> , Mrs Martinez Gospel Choir – All <a href="#">years</a> welcome, <a href="#">P78</a> , Student Led – supported by Mrs Woodman-Evans Japanese Club – All <a href="#">years</a> welcome, <a href="#">A27</a> , Mrs Huckstepp Economics Club – All <a href="#">years</a> welcome, <a href="#">B13</a> , Student Led – Supported by Mrs Saburova Geography Support – Year 11 – <a href="#">E108</a> (1.35pm) – Mrs Minchin KS3 Maths Clinic – Year 7 – 9 only – <a href="#">B53</a> – Ms Jackson KS5 Biology Support – Year 12 and 13, <a href="#">Lab 1</a> , Dr Osmotherly
	After School	Minecraft Club – All <a href="#">years</a> welcome, <a href="#">B48</a> , Ms Morgan Kent Panthers Basketball Club – Through sign-up only via Arbor (Paid club provision) <a href="#">Sports Hall</a> Thinking Fitness Gym Club – Open to Years 8-13 Through sign-up only via Arbor (Paid club provision) <a href="#">School Gym</a> Year 11 German Support – Year 11 only, <a href="#">A33</a> , Mrs Peake STEAM Club – All <a href="#">years</a> welcome, <a href="#">Lab 7</a> , Mr Vidler Lower School Choir – Years 7 – 9 only (by audition only), <a href="#">P79</a> , Mrs Woodman-Evans
Wednesday	Lunch	Pastoral Drop-in – All <a href="#">years</a> welcome, <a href="#">B11</a> , Head of Year Team – Ms Heathcote KS4 Maths Clinic – Years 10 and 11 only, <a href="#">B53</a> , Ms Jackson Coding Club and Computing Support – Years 7-11, <a href="#">B48</a> , Ms Morgan French Culture Club – Years 7 – 9, <a href="#">A28</a> , Madame Hughes German Support – All <a href="#">years</a> welcome, <a href="#">A33</a> , Mrs Peake Mission Earth Club – Year 7 Only, <a href="#">E108</a> , Mrs Minchin Knitting and Crochet Club – All <a href="#">years</a> welcome, <a href="#">Lab 1</a> , Dr Osmotherly Rise and Radiate (A Sister Circle) – Year 12 and 13 only, <a href="#">E103</a> , Mrs Stalker <a href="#">NChapt</a> – Years 10 – 13 only, <a href="#">P79</a> , Mrs Woodman-Evans GCSE French Clinic – Year 10 and 11 only, <a href="#">A27</a> , Mrs Huckstepp Drama Club – Year 7 and 8 – <a href="#">P74</a> – starts at 1.20pm (max 30 spaces), Student Led (Supported by Ms Heathcote)
	After School	Medway Falcons Handball Club – Through sign-up only via Arbor (Paid club provision) <a href="#">Sports Hall</a> Thinking Fitness Gym Club – Open to Years 8-13 Through sign-up only via Arbor (Paid club provision) <a href="#">School Gym</a> <a href="#">NChapt</a> – Years 10 – 13 only, <a href="#">P79</a> , Mrs Woodman-Evans
Thursday	Lunch	Pastoral Drop-in – All <a href="#">years</a> welcome, <a href="#">B11</a> , Head of Year Team – Ms Bourke Minecraft Club – All <a href="#">years</a> welcome, <a href="#">B48</a> , Ms Morgan Lego Robotics – All <a href="#">years</a> welcome, <a href="#">Lab 7</a> , Mr Vidler Tech Club – All <a href="#">years</a> welcome, <a href="#">P74</a> – Drama Studio, Mr Lastauskas GCSE B1-4 Support (Biology) (Week A only) – Year 10 and 11 (+Year 9 from Term 3), <a href="#">Lab 3</a> , Mrs Bailey GCSE B5-7 Support (Biology) (Week B only) – Year 11 only, <a href="#">Lab 3</a> , Mr Dansie Gardening and Allotment Club – All <a href="#">years</a> welcome, <a href="#">Lab 9</a> , Mrs Britten RS Revision and Support Club (Week B only) – Year 11, <a href="#">H71</a> , Ms McNamara
	After School	Caterpillar Dance School – Through sign-up only via Arbor (Paid club provision) <a href="#">Sports Hall</a> Football Club – Through sign-up only via Arbor Field, Ms Phillips Netball Club – Through sign-up only via Arbor <a href="#">Netball Courts</a> , Mrs Hutton Thinking Fitness Gym Club – Open to Years 8-13 Through sign-up only via Arbor (Paid club provision) <a href="#">School Gym</a>
Friday	Lunch	Pastoral Drop-in – All <a href="#">years</a> welcome, <a href="#">B11</a> , Head of Year Team – Mrs Hutton Art Support – Years 8, 9 and 11, <a href="#">T66</a> , Mrs Lewis German Board Games Club – All <a href="#">years</a> welcome, <a href="#">A33</a> , Mrs Hope Spanish Support Club – All <a href="#">years</a> welcome, <a href="#">A31</a> , Mrs Martinez Orchestra – All <a href="#">years</a> welcome, <a href="#">P73</a> , Mrs Wood Year 11 Business Support Club – Year 11 only, <a href="#">B13</a> (1.30-2pm) – Mrs Harvey
	After School	



**Parent/Carer reminder - A reminder that all students in Years 7 - 11 must ensure they exit the school site at 4pm. Unfortunately there is no supervised provision on the school site beyond this time (unless attending a separate club/enrichment opportunity that has otherwise been agreed in advance.**

**Breakfast Club - Our school breakfast club provision is available from 7.30am each morning in the main hall. Free porridge is also available to all students.**

## Homework Club

A reminder that in addition to the above, Homework club runs every day within school from 3.15 - 4pm. This is based in D94/5 (PC suite), and available for all year groups to attend.

We also run a 'Success Maker' after school provision on Monday - Wednesday (invite only) for students requiring support with general organisational skills. Please speak with your child's Head of Year should you feel that they may benefit from this provision.

## End of Term 2 Info



**FRIDAY 19<sup>TH</sup> DECEMBER @12.30PM**  
STUDENTS RETURN TO SCHOOL ON **TUESDAY 6<sup>TH</sup> JANUARY**  
A REMINDER THAT **MONDAY 5<sup>TH</sup> JANUARY IS ACADEMIC REVIEW DAY** WHERE YOU WILL HAVE A SCHEDULED APPOINTMENT WITH YOUR CHILD'S FORM TUTOR



# RGS SPOTLIGHT

4th November 2025 - Edition 2

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## WEEK 1

Week Commencing: 27/10/2025 17/11/2025 08/12/2025 19/01/2026  
09/02/2026 02/03/2026 23/03/2026 13/04/2026

### CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS		VEGETARIAN MAIN MEALS	
<b>Monday</b> Beef Bolognese with Wholegrain Pasta & House Salad	<b>Monday</b> Plant Based Bolognese with Wholegrain Pasta and House Salad (V)	<b>Tuesday</b> Kung Pao Chicken with Vegetable Rice	<b>Tuesday</b> Kung Pao Cauliflower with Vegetable Rice (VE)
<b>Wednesday</b> Honey Glazed Roast Gammon, Crisp Roasties, Seasonal Vegetables & House Gravy	<b>Wednesday</b> Lentil Sage & Onion Wellington (V)	<b>Thursday</b> Chicken Tikka Masala, Served with Braised Rice & Kachumber Salad	<b>Thursday</b> Butter Cauliflower & Chickpea Curry, Served with Braised Rice & Kachumber Salad (V)
<b>Friday</b> Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce	<b>Friday</b> Homemade Cheese & Onion Slice with Chips & Peas (V)		

### DESSERTS

Monday	Tuesday	Wednesday	Thursday	Friday
Spiced Pineapple Cake with Custard	Chocolate & Banana Brownie	Syrup Sponge with Custard	Oaty Apple Crumble with Custard	Hot Chocolate Rocky Road

Fruit and Jelly Pots Available Daily

**HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily**

**JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily**

Innovate



**MADE YOUR WAY!**

**CHOOSE IT! ADD IT! TOP IT!**



Switch up your flavours with our street food-inspired range, available **Tuesday to Thursday**. With weekly rotating choices, there's always something tasty.

**Choose a base, add protein, and top it your way!**

Visit the restaurant to check out what's on offer each week

### NATURally

Monday	Tuesday	Wednesday	Thursday	Friday
Pakistani Tarka Dhal (VE)	Vegan Singapore Noodles (VE)	Onion Bhaji & Vegetable Rice (VE)	The Big Plant Burger (VE)	Garlic & Chilli Noodles (VE)

### TRATTORIA

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta in a Cheese Sauce	Tomato & Basil Pasta	Margherita or Pepperoni Pizza	Creamy Pesto Pasta	Margherita Pizza

## WEEK 2

Week Commencing: 03/11/2025 24/11/2025 15/12/2025 05/01/2026  
26/01/2026 16/02/2026 09/03/2026 30/03/2026 20/04/2026

### CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS		VEGETARIAN MAIN MEALS	
<b>Monday</b> Pork & Beef Sausage, Served with Mash with Onion Gravy	<b>Monday</b> Vegan Sausage Casserole with Gravy (VE)	<b>Tuesday</b> Beef Lasagne with Homemade Garlic Bread & Garden Peas	<b>Tuesday</b> No Waste Cauliflower Cheese Pasta Bake (V)
<b>Wednesday</b> Hand Carved Roast British Turkey, Crisp Roasties, Seasonal Vegetables, & House Gravy	<b>Wednesday</b> Cheese, Onion & Leek Pie, Served with Seasonal Vegetables & Gravy (V)	<b>Thursday</b> Sweet & Sour Chicken, Served with Fried Rice	<b>Thursday</b> Sweet & Sour Tofu with Fried Rice (V)
<b>Friday</b> Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce	<b>Friday</b> Jamaican Squash Pastty with Chips & Peas (V)		

### DESSERTS

Monday	Tuesday	Wednesday	Thursday	Friday
Chocolate Sponge with Chocolate Sauce	Pear & Ginger Crumble with Cinnamon Custard	Jam Sponge with Custard	Baked Churros	Hot Chocolate Rocky Road

Fruit and Jelly Pots Available Daily

**HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily**

**JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily**

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### NATURally

Monday	Tuesday	Wednesday	Thursday	Friday
Fork Friendly Falafel Kebab (VE)	Vegan Singapore Noodles (VE)	Singapore Fried Rice (VE)	The Big Plant Burger (VE)	Garlic & Chilli Noodles (VE)

### TRATTORIA

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato & Basil Pasta	Pasta in Cheese Sauce	Margherita or Pepperoni Pizza	Creamy Pesto Pasta	Margherita Pizza





# RGS SPOTLIGHT

### WEEK 3

Week Commencing; 20/10/2025 10/11/2025 01/12/2025 22/12/2025  
12/01/2026 02/02/2026 23/02/2026 16/03/2026 06/04/2026

## CLASSIC HOT & HEARTY

### CLASSIC MAIN MEALS

**Monday**  
BBQ Chicken Served with Salt & Peppers Wedges, Garden Peas

**Tuesday**  
Chicken Arrabbiata Pasta Bake

**Wednesday**  
Roast Shoulder of Pork, Crisp Roasties, Seasonal Vegetables & House Gravy

**Thursday**  
Chicken Korma with Pilau Rice & Coriander Salad

**Friday**  
Chip Shop 'Fryday' Fish, Pizza or Fishcake & Chips with Peas and Tartare Sauce

### VEGETARIAN MAIN MEALS

**Monday**  
Chipotle Quorn Dippers with Salt & Pepper Wedges & Garden Peas (V)

**Tuesday**  
Crunchy Topped Macaroni Cheese and House Salad (V)

**Wednesday**  
Cheesy Roasted Squash & Parsnip Crumble. Served with Seasonal Vegetables & Gravy (V)

**Thursday**  
Cauliflower Bhajiw with Pilau Rice & Mint Yogurt (V)

**Friday**  
Crispy Onion Pakora Burger Served with Mango Slaw, Chips & Peas (VE)

### DESSERTS

Monday	Tuesday	Wednesday	Thursday	Friday
Sticky Lemon Sponge	Mixed Berry & Apple Crumble	Jam Roly Poly with Custard	Banana Pudding with Custard	Hot Chocolate Rocky Road

Fruit and Jelly Pots Available Daily

**HOMEMADE SOUP & FRESHLY BAKED BREAD**  
Available Daily

**JACKET POTATOES**  
Topped with a Choice of: Cheese, Tuna or Beans Available Daily



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ADD IT!  
TOP IT!**

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### NATURally

Monday	Tuesday	Wednesday	Thursday	Friday
Buffalo Cauliflower Wings, Served with Salt & Pepper Wedges (V)	Vegan Singapore Noodles (V)	Hot Falafel Buddha Bowl (V)	Onion Bhaji Skewer with Bombay Potatoes (VE)	Garlic & Chili Noodles (VE)

### TRATTORIA

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato & Basil Pasta	Pasta in a Cheese Sauce	Margherita or Pepperoni Pizza	Creamy Pesto Pasta	Margherita Pizza



The Rochester Grammar School

## STAY CONNECTED

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