



RGS SPOTLIGHT

An introduction from our Head Student



Hi, I'm Ede- Head Girl here at RGS. I work alongside a brilliant and inspiring Executive Officer Team as a voice for the student body, and I couldn't be more excited to meet more of the new students at our school. RGS has forever been a place of inspiration and comfort for me, with friends and staff that always had my best interest at heart and pushed me to believe in myself. If I ever thought I was 'okay-ish' at something, RGS taught me that you are always smarter than you think, more confident than you'd ever imagined, and much more resilient than you give yourself credit for. Every "I'm not sure" was gently rewritten as a "I'm going to give it a go" from the minute I walked through the school gates in year 7. Now, looking back as a student in their last year of school, I am filled with an immense sense of pride in myself and my peers for the community have contributed to, and I am thrilled to think about the community that new students attending our school will build for themselves.

My advice for this new school year is to immerse yourself in it all! If you're an artist, a writer, an engineer- rest assured, there are communities, clubs and unwavering support that will only add fuel to that fire. Education is, in my opinion, of the utmost importance- and I am incredibly excited to witness the growth and success of a fantastic new cohort. All the best!

A warm welcome to our new Year 7 and 12 students!!

On Wednesday 3rd September, we welcomed both our new Year 7 and 12 students back to Rochester Grammar School. It has been fantastic to see so many new faces, as well as many familiar ones from our last years Year 11 cohort, with many returning to begin their A-level pathway over the coming two years.

Students arrived to school punctually, and looking their best, before embarking on an extended tutor programme over the first two days to prepare them for the year ahead.

Year 12 also had an opportunity to test their team work skills in an introductory Bench ball competition on day two - a great opportunity for new students to get to know one another.

We look forward to another exciting year ahead, and of course getting to know all of our new students over the coming weeks!



Classcharts for Parent/Carers

Classcharts is the software that we use for all positive/negative house points, and homework that your child receives within school.



For new Year 7 and 12 parents/carers - parental logins will be being sent out to you via Arbor from the week beginning 15/9/25.

For any existing parents/carers who are still to access their accounts but would like to do so, please contact your child's Form Tutor in the first instance.



Dates for the diary



**24/9/25 - YEAR 11
PARENT AFTERNOON**
**15/10/25 - YEAR 7
PARENT AFTERNOON**
INFORMATION LETTER TO FOLLOW
SEPARATELY VIA ARBOR.





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Harvest Festival 2025

Every year, RGS supports our local Medway Foodbank through our annual Harvest Festival collection. As one of our traditional house competitions, each tutor group is set the challenge of creating a harvest donation box based on a set 'theme', as well as working together to provide a variety of donated food and household/toiletry items to be donated to the foodbank. This year, the theme for tutor boxes has been set as 'Medway', with each house choosing their own interpretations on how to reflect something that reflect our local community. House Prizes are awarded for both 'best dressed boxes', and 'overall donations received'. A shopping list is provided to the right of key items that Medway Foodbank would be extremely grateful to receive as a part of our harvest campaign this year. Whilst we typically would ask for all tutor group members to try as a minimum to donate one item from the recommended shopping list for their overall tutor box, any additional donations beyond this are of course very much welcomed. Donations can be added to tutor boxes from the week beginning **6th October 2025**, with final donations to be made on the morning of **Friday 10th October** when the box competition will conclude, and our annual harvest festival assemblies are led by Mrs Brinklow.



2025 Shopping list #2

If you are able to help, we urgently need more of the following:

FOOD & DRINK:

- Pasta sauce
- Instant mash
- Tinned ham or corned beef
- Tinned 'meals with meat' such as pies, chilli or Bolognese
- Tinned fruit
- Fruit juice – long-life
- Squash/Soft drinks – small bottles
- Tinned potatoes
- Tinned tomatoes
- Instant soup/Cup-a-Soup
- Sugar – 500g/small packs
- Instant coffee
- Tinned vegetables

TOILETRIES & HOUSEHOLD:

- Shampoo
- Deodorant for men and women
- Washing-up liquid
- Shaving foam & razors




MacMillan Fundraiser 2025



MACMILLAN CANCER SUPPORT

Byron & Cassidy - 25/9/25
 Fitzgerald & Hildegard - 26/9/25
 Somerville & Tomlinson - 29/9/25
Payments will be cash only
 (all donated items must be **nut free**)



Medway Foodbank
 Together with Trussell

YOUNGMINDS

Hello Yellow

FRIDAY 10 OCT

Wear a yellow accessory or clothing item to school

£1 donation made via Arbor, or cash payment within school

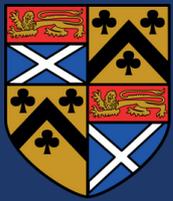
Blazer and other general school uniform (in addition to yellow addition) must be worn as usual on the day

Open Day for Year 7 Admissions



SATURDAY 4TH OCTOBER

STUDENTS THAT HAVE SIGNED UP TO HELP ARE REQUIRED ON SITE FROM 9AM-1PM



RGS SPOTLIGHT

Attendance to school

How to support your child....

Poor attendance can become a habit. As difficult as it may be, maintain firm expectations about what you expect from your child when it comes to school and their attendance

Ensure there is an expectation in the house that it is 'unusual' for your child not to be attending school

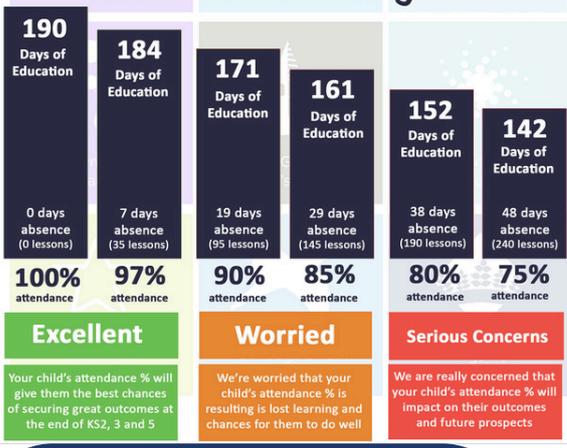
Always reiterate the importance of school with your child, even if your own experiences might not have been as such

Have clear expectations and routines each morning - what time should your child get up, what do they need to do to prepare themselves etc.

When your child is unwell, determine whether they could still attend school (colds and sniffles for instance)

Keep up to date with your child's attendance through any parental apps or with the school directly

How is your child's school attendance this year?



Know that the school want to work with you, not against you. The reason we push for good attendance is for the best outcomes for your child

Where you are noticing patterns/trends, or your child is regularly not wanting to attend school - reach out for support from the school attendance/pastoral team

Advice Zone



Recently launched EE's Safer SIMs are specially designed phone plans for children that give parents greater control and peace of mind. With built-in parental controls, scam call protection, and spending limits that can't be turned off, these plans are tailored to help keep children safer while they are connected to the EE network. Whether you're setting up your child's first phone or upgrading to something more secure, Safer SIMs may be a consideration to help monitor your child's internet activity.

Safer SIMs include built-in content and spending controls that can't be turned off. These stop children from accessing 18+ content whilst on the EE network and from adding extras or incurring additional charges. Parental controls block access to websites based on content categories but can't block all content in apps. Scam call labelling is also included to help prevent children answering scam calls.

Book Donations

We are looking to expand our book offerings within our library by seeking suitable parental donations. Do you have any teenage appropriate books at home that you have and no longer require? Please drop these to school and place in the book donation box located in the student locker room.

Reward Donations

We are looking to expand our Classcharts reward shop availability. If any parents/carers would like to make any donations of stationary items, gift cards, book vouchers etc. please email office@rochestergrammar.tsat.uk

Year 7



RESILIENCE WEEK -
WEEK BEGINNING -
MONDAY 22ND
SEPTEMBER





RGS SPOTLIGHT

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted - sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK - and knowing what to do about content that upsets them.

- 1. UNDERSTAND THE ALGORITHM**
Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- 2. AVOID THE MAIN FEEDS**
Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.
- 3. DISCUSS WHAT THEY'VE SEEN**
Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss what they follow, what posts they like and what comes up in their feeds. If a warning bells ring, it could be time for a more in-depth talk or to seek support.
- 4. LEARN HOW TO HIDE CONTENT**
If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.
- 5. SET DAILY LIMITS**
Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules - for everyone to follow - around device use, such as screen time limits and tech-free spaces. Involving your child in creating this agreement makes them more likely to stick to it.
- 6. MONITOR THEIR ACTIVITY**
Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence - but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.
- 7. TURN OFF PUSH NOTIFICATIONS**
Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their devices - turning them off will help your child to practice mindful use of tech. Most of us have other things that we need to focus on as a priority - and those notifications will still be there later, when we have more time.
- 8. USE DEVICES TOGETHER**
Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a dedicated space at home a designated space to use phones, tablets and so on - making it much easier to monitor about content your child is viewing and (if necessary) steer them away from any potentially harmful paths.
- 9. ENCOURAGE OTHER ACTIVITIES**
Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to neglect other activities that our brains need to feel well - so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.
- 10. TALK ABOUT PEER PRESSURE**
Most platforms default children's accounts to public, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but - just like offline life - the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert
Shazia Sarwar-Edzini is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of The Rainbow Within, a book which supports children with SEND needs.

NOS National Online Safety
#WakeUpWednesday

Readers of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.11.2022

Advice Zone



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<https://nationalcollege.com/guides/social-media-mental-health>



When was the last time you checked your child's screen time?

Monitoring your child's overall screen time is a useful way to check the regularity of them using their device (overall time), as well as access to particular apps - especially ones that may not appear as they initially first seem. By identifying these early, conversations and early intervention can be applied.

Year 7

ROAD SAFETY WORKSHOP FOR ALL YEAR 7 STUDENTS WEDNESDAY 24TH SEPTEMBER PERIOD 1



RGS SPOTLIGHT

Term 1 and 2 - Student Enrichment Opportunities

Day/Time		Clubs and Enrichment Opportunities – Week A and B
Monday	Lunch	Pastoral Drop-in – All years welcome, B11 – Head of Year Team – Ms Esmonde Design and Technology Drop-in – All years welcome, T64 , Mrs Pearson Chess Club – All years welcome, Lab 10 , Mr Jennings Year 10 French Listening and Writing support – Year 10, A28 , Madame Hughes A-Level/IB Spanish Support – Year 12 and 13 only, A31 , Mrs Martinez Year 7 Choir – Year 7 only, P79 , Mrs Woodman-Evans Law Society – Years 10 – 13 only, B16 , Student Led
	After School	NChant – Years 10 – 13 only, P79 , Mrs Woodman-Evans Sixth Form Basketball Club – Sixth Form only (Book via Arbor), Sports Hall , Mrs Head
Tuesday	Lunch	Pastoral Drop-in – All years welcome, B11 – Head of Year Team – Mr Dansie Developing listening skills for GCSE Spanish - Year 10 and 11, A29 , Mrs Michael History Club – All years welcome, E102 , Mr Edmunds Year 7 German – Year 7 only, A33 , Mrs Peake Year 11 French Support – Year 11 only (1.15 – 1.45), A34 , Mrs Syed GCSE Spanish – Year 10 and 11, A31 , Mrs Martinez Gospel Choir – All years welcome, P79 , Student Led – supported by Mrs Woodman-Evans Japanese Club – All years welcome, A27 , Mrs Huckstepp Economics Club – All years welcome, B13 , Student Led – supported by Mrs Saburova Geography Support – Year 11 – E108 (1.35pm) – Mrs Minchin KS3 Maths Clinic – Year 7 – 9 only – B53 – Ms Jackson KS5 Biology Support – Year 12 and 13, Lab 1 , Dr Osmotherly
	After School	Minecraft Club – All years welcome, B48 , Ms Morgan Kent Panthers Basketball Club – Through sign-up only via Arbor (Paid club provision) Sports Hall Thinking Fitness Gym Club – Open to Years 8-13 Through sign-up only via Arbor (Paid club provision) School Gym Year 11 German Support – Year 11 only, A33 , Mrs Peake STEAM Club – All years welcome, Lab 7 , Mr Vidler Lower School Choir – Years 7 – 9 only (by audition only), P79 , Mrs Woodman-Evans
Wednesday	Lunch	Pastoral Drop-in – All years welcome, B11 , Head of Year Team – Ms Heathcote KS4 Maths Clinic – Years 10 and 11 only, B53 , Ms Jackson Coding Club and Computing Support – Years 7-11, B48 , Ms Morgan French Culture Club – Years 7 – 9, A28 , Madame Hughes German Support – All years welcome, A33 , Mrs Peake Mission Earth Club – Year 7 Only, E108 , Mrs Minchin Knitting and Crochet Club – All years welcome, Lab 1 , Dr Osmotherly Rise and Radiate (A Sister Circle) – Year 12 and 13 only, E103 , Mrs Stalker NChant – Years 10 – 13 only, P79 , Mrs Woodman-Evans GCSE French Clinic – Year 10 and 11 only, A27 , Mrs Huckstepp KS4 Maths Clinic – Year 10 – 11 only – B53 – Ms Jackson Drama Club – Year 7 and 8 – P74 – 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) Sports Hall Thinking Fitness Gym Club – Open to Years 8-13 Through sign-up only via Arbor (Paid club provision) School Gym NChant – Years 10 – 13 only, P79 , Mrs Woodman-Evans
Thursday	Lunch	Pastoral Drop-in – All years welcome, B11 , Head of Year Team – Ms Bourke Minecraft Club – All years welcome, B48 , Ms Morgan Lego Robotics – All years welcome, Lab 7 , Mr Vidler Tech Club – All years welcome, P74 – Drama Studio, Mr Lastauskas GCSE B1-4 Support (Biology) (Week A only) – Year 10 and 11 (+Year 9 from Term 3), Lab 3 , Mrs Bailey GCSE B5-7 Support (Biology) (Week B only) – Year 11 only, Lab 3 , Mr Dansie Gardening and Allotment Club – All years welcome, Lab 5 , Mrs Britten RS Revision and Support Club (Week B only) – Year 11, H71 , Ms McNamara
	After School	Caterpillar Dance School – Through sign-up only via Arbor (Paid club provision) Sports Hall Football Club – Through sign-up only via Arbor (Paid club provision) Field , Ms Phillips Netball Club – Through sign-up only via Arbor (Paid club provision) Netball Courts , Mrs Hutton Thinking Fitness Gym Club – Open to Years 8-13 Through sign-up only via Arbor (Paid club provision) School Gym
Friday	Lunch	Pastoral Drop-in – All years welcome, B11 , Head of Year Team – Mrs Hutton Art Support – Years 8, 9 and 11, T66 , Mrs Lewis German Board Games Club – All years welcome, A33 , Mrs Hope Spanish Support Club – All years welcome, A31 , Mrs Martinez Orchestra – All years welcome, P73 , Mrs Wood Year 11 Business Support Club – Year 11 only, B13 (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

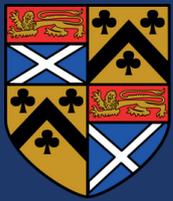
A reminder that in addition to the above, Homework club runs every day within school from 3.15 - 4pm. This is based in D94/5 (PC suite), and available for all year groups to attend.

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 1 Info



**THURSDAY 16TH
OCTOBER**
STUDENTS RETURN TO
SCHOOL ON **TUESDAY
4TH NOVEMBER**



RGS SPOTLIGHT



The Rochester
Grammar School

STAY CONNECTED

Follow us on social media

See all of the enjoyable and engaging activities we get involved in throughout the year.

Follow us on our social media channels.



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on Instagram follow:
[@rochestergrammarschool](#)

Why not take a look at our school website while you're at it?



Visit:
rochestergrammar.org.uk