RAINFORD HIGH

EVERYONE MATTERS
EVERYONE HELPS
EVERYONE SUCCEEDS

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Charity Fundraising

A massive thank you to our school community for the generous donations of Easter eggs. The eggs will be distributed to our local foodbanks who help support our local community.

UPCOMING EVENTS

- **House Sports**
  Week Commencing 13th April Year 7, 8 and 9 will be competing in the next round of the House Sports competition.
- **Parents' Evenings**
  21st May - Year 8 Parents' Evening at School (book appointments via school cloud).
- **Bank Holiday**
  Monday 4th May - school closed for the Bank Holiday.
- **Year 11 and 13 Rewards Event**
  23rd April we will be celebrating some of our oustanding students in Years 11 and 13.



School Events

Girls in STEM Day Inspires the Next Generation

The science department welcomed 120 enthusiastic students to our fifth annual Girls in STEM Day, a celebration designed to ignite curiosity, build confidence, and encourage girls to explore the exciting world of STEM.

The day began with a challenging and immersive laboratory experience. Students worked as real-life scientists, investigating the mystery illness of "Mr Bradbury." Over two hours, they identified the pathogen responsible for his symptoms and then attempted to synthesise a potential cure. This hands on activity encouraged teamwork, problem solving, and resilience. In the afternoon, the focus shifted from medical science to sustainable engineering. Students tackled the problem of transporting fruit safely down a mountainside—a deceptively tricky challenge that required creativity, practicality, and plenty of perseverance.

While the activity was at times frustrating, the sense of achievement when solutions finally came together was fantastic to see.

The day concluded with two inspirational guest speakers, both former Rainford students and proud Girls in STEM graduates Sophie and Lizzie.

Both speakers offered honest, motivational insights into their careers and reinforced one powerful message: never let anything stop you from pursuing what you are passionate about.

Girls in STEM Day was once again a huge success packed with challenge, creativity, inspiration, and pride. A massive thank you goes to all staff who organised and supported the event, and to Sophie and Lizzie for generously returning to inspire the next generation of STEM leaders.

Letter from Mr Young

Dear Parents, Carers and members of the Rainford High community,

As we come to the end of another busy and inspiring half term, I would like to take a moment to reflect on the achievements, efforts and values that continue to make Rainford High such a special place to learn and grow.

Across this newsletter, you will see countless examples of our school ethos in action. Everyone Matters is not simply a phrase for us, it is a commitment to ensuring that every young person feels valued, respected and included. This term, our charity fundraising initiatives, Girls in STEM Day, Neurodiversity Celebration Week and the wide range of educational visits show how our students support one another, celebrate differences and embrace opportunities with kindness and respect. Their conduct at these events demonstrates the positive choices they make and their understanding of what it means to be part of a caring community.

Our ethos of Everyone Helps has also shone through in the outstanding teamwork, resilience and determination displayed in lessons, enrichment activities and competitions. Whether solving scientific challenges during British Science Week, collaborating with partner schools on creative projects, or cheering each other on during sporting fixtures and reward events, our students continue to show that contribution, encouragement and responsible decision making are essential to success.

Perhaps most importantly at this stage of the year, our principle of Everyone Succeeds has never felt more significant. As we move deeper into the examination season, our Year 11 and Year 13 students are demonstrating impressive levels of focus, maturity and effort. Their hard work in lessons, intervention sessions and independent study is bringing them ever closer to their goals. We know this can be a demanding period, but it is also a time where perseverance truly pays off.

As the author and motivational speaker Zig Ziglar once said:
“Success is the result of hard work, preparation, and learning from failure.”
This is a message we continue to reinforce with all our students, particularly those preparing for public examinations. Progress is rarely linear, but every step forward, every revision session, practice paper and moment of self-discipline, builds the foundations of future achievement.

I would like to thank our staff for their dedication in creating such rich learning experiences, our parents and carers for their ongoing support, and most of all, our students for the energy, enthusiasm and character they bring to Rainford High each day.

As we look ahead to the next half term, I encourage all students to continue acting with respect, making sensible choices, and striving to be the best version of themselves. Together, we can ensure that Everyone Matters, Everyone Helps and Everyone Succeeds remains at the heart of all we do.

Have a restful Easter break. Thank you for your continued support.

Kind regards,
Ian Young
Principal, Rainford High

CC Bella Roma Trip



Our CC class enjoyed a fantastic enrichment trip to Bella Roma in St Helens, where the wonderful staff welcomed our students for an unforgettable Italian themed experience. From the moment we arrived, the team at Bella Roma went above and beyond to make the day special.

Students had the chance to try a variety of new foods before getting hands-on and making their very own pizzas. A lively game of "pizza bingo" added to the fun, bringing plenty of laughter and friendly competition. The visit was rounded off perfectly with a delicious ice-cream treat, much to everyone's delight!

A huge thank you goes to the staff at Bella Roma for their kindness, enthusiasm, and brilliant support of our students throughout the visit. We would also like to extend our gratitude to the school staff who organised and supported the trip. It was a wonderful day that our students will remember for a long time.

World Book Day 2026: Bringing Stories to Life at Our School



World Book Day 2026 was a vibrant celebration of imagination, creativity, and the joy of reading across our school community. This year, staff led the way with an impressive array of book-themed costumes that transformed the corridors into a living library of beloved characters.

Teachers embraced everything from classic literature to modern favourites. Shakespearean heroes and villains wandered the halls beside Hogwarts professors and wizards. Fairytale royalty and mischievous magical creatures made appearances throughout the day, and, much to the delight of students, several members of staff made it their mission to be spotted as Where's Wally?, popping up in unexpected places during lessons. The aim of the day was simple: to promote a love of reading and show students that stories can inspire, connect, and entertain readers of all ages. A variety of literacy focused activities took place in classrooms, from book quizzes to computer coding challenges inspired by the day's costumes. Many students commented that seeing their teachers dress up made reading feel more fun and accessible.

This term in Pictures...



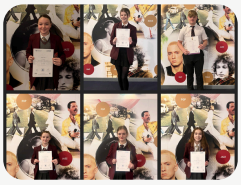
A small cohort of Yr9 students have worked with students at Mill Green School over the last six weeks on a collaborative art project with Miss Brothers.



Yr11 West Lancs College Taster days Students had taster sessions in Hairdressing, Beauty Therapy, Engineering and Electrical Installation



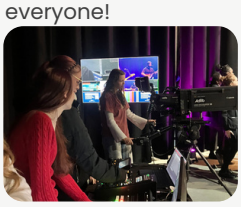
Yr10 PE and Sports Studies girls, attended LJMU for their 'Here Come the Girls' event. They got to listen to women in the industry exlpain the barriers for women in sports and how to overcome them.



Music students received the results of their recent exams with success in Musical Theatre Singing, Drums and Piano - their hours of practice and rehearsals have paid off! Well done everyone!



Yr4 and Yr6 students from Chapel End and Brook Lodge watched the Shakespeare Club's performance of Twelfth Night. They took part in a workshop and then watched the show.



Performing Arts students enjoyed an afternoon at AdLib in Knowsley. In celebration of International Womens Day, they enjoyed talks from females who work in the live events industry.



Yr 12 went to Manchester Central for the annual UCAS Discovery Day . Pupils had the opportunity to speak to over 100 universities and apprenticeship providers.

We can't capture every great moment in our newsletter, so make sure to follow us on Instagram for all the latest updates from around the school!

Neurodiversity Week



Rainford High's SEND department was proud to welcome parents and carers from our neurodiverse community to a programme of workshops as part of Neurodiversity Celebration Week. The series of events brought together specialist speakers to share strategies, raise awareness, and strengthen support for our young people.

The week began with Managing Anxiety and Neurodiversity, led by Mel Swift from The Merseyside Family Counsellors. This insightful session explored practical techniques to support young people in recognising and managing anxiety, particularly within the context of neurodivergent experiences. On Tuesday, parents joined ADDvanced Solutions for a warm and welcoming Coffee Morning focused on emotional health and wellbeing. Later that day, families attended two further events: an online session with Lucy Toghill from Tourette's Action on Supporting and Understanding Tourette's, followed by Michelle Blake's workshop on supporting neurodivergent young people and promoting their wellbeing.

On Wednesday the focus turned to specific learning profiles. Rebecca Heyes from the Inclusive Learning Academy delivered an engaging Dyslexia Workshop, offering strategies to support learners both at home and in school. Running alongside this, staff and students from Ascent Autism Specialist College delivered a thoughtful session on understanding and supporting autistic young people. The week concluded with two powerful sessions. In the morning, therapeutic social worker Carly Quinn and care-experienced expert Demi Reid led The Vision: The Art of Reconnecting, exploring trauma-informed approaches with a focus on ACEs (adverse childhood experiences).





The final workshop of the week, Understanding and Supporting Children with ADHD, was delivered by Tony Lloyd, providing families with practical advice and deeper insight into ADHD profiles. Throughout the week, parents praised the openness, expertise and sense of community created by the SEND team and visiting specialists. Rainford High is committed to continuing this work and building on the strong partnerships that help our neurodivergent students thrive.

Ninja Warrior Trip!



A group of our students enjoyed an action-packed reward trip to Ninja Warrior UK in Wigan, celebrating their outstanding attitude, effort, and achievements this term. The students took on a series of challenging obstacle courses, testing their balance, strength, teamwork, and resilience, while cheering each other on throughout the afternoon.



From scaling the iconic warped wall to tackling climbing frames and inflatable challenges, the trip was full of energy and laughter. Staff were particularly impressed by the determination shown by students as they pushed themselves to complete obstacles they initially thought were impossible.

The visit was a fantastic way to recognise the hard work our students consistently demonstrate, both in and out of the classroom. We are incredibly proud of their achievements and look forward to more opportunities to celebrate their success in the future.

Thank you to all the staff who took the time to plan, organise and run the trip.

British Science Week!



British Science Week sparked excitement across the school as students spent five lively days exploring the wonders of science through hands-on challenges, lunchtime demonstrations and a flurry of questions that kept staff busy both in classrooms and on Instagram. From the moment the week began, corridors echoed with the clatter of marble runs being tested and redesigned, bridges being built and experiments bubbling away as students immersed themselves in discovery.

The science department set the tone early with practical lesson activities that encouraged teamwork, problem-solving and plenty of imagination. Lunchtimes proved just as popular, drawing crowds eager to experiment with weighted pendulums or witness the ever entertaining Van de Graaff machine in action. The resulting static charged hairstyles became something of a talking point.

The 1 Percent Club Lunchtime quiz was a particular highlight where students excelled trying to raise points for their houses. Meanwhile, online engagement flourished as staff took to Instagram to answer the stream of curious questions sent in by students. Whether pondering space, everyday chemistry, or the mysteries of the natural word, pupils showed a genuine enthusiasm for understanding the world around them. The ongoing Q&A turned into a highlight of the week, proving that science doesn't stop at the classroom door.

British Science Week ultimately showcased what science education is all about: curiosity, creativity, and the joy of asking "What happens if...?". The science department's energy and dedication made the event a memorable celebration of learning.

Formula One!



After winning a science competition run by the British Council, students were given the opportunity to visit Formula 1's Media & Technology Centre (M&TC) in Biggin Hill.

The visit began in the Media Control Room, where the Director explained the vital role each member of the team plays. Staff work at impressive speed to process incoming race data, creating and editing clips, adding graphics, and preparing live feed content with a delay of barely thirty seconds.

Students then moved on to the Radio Room, which manages all audio and team-radio communications throughout a race weekend. Each operator monitors up to eight drivers' conversations at once, identifying voices and selecting key moments to send back to the Media Control Room. These clips are later overlaid on live footage for audiences at home.

The next stop was the F1 TV studio, where presenters analyse race events, conduct interviews and film live segments across three fully equipped sets. Students had the chance to try out some of the professional analysis equipment themselves, with a few even stepping in front of the camera to act as presenters.

The group was also shown the Edit Studio, where designers create graphics and short-form video content for F1's social media platforms. They learned how many hours of work go into producing the high-quality visuals seen across YouTube, Instagram and other channels.

Finally, the tour concluded in the Data Management Room. Here, around 600 terabytes of data from each race weekend are received, organised and distributed. The team processes crucial information about cars and drivers, sharing it with the Media Control Room. All of this data is transmitted to Biggin Hill via fibre-optic cables laid underwater and underground from race locations around the world.

To finish the day, some students took part in interviews for F1's own social media channels, while others discussed their experience before a final thank-you from F1 and the British Council. Rainford's students then began the long journey home by minibus, bringing an exciting and inspiring day to a close.

(Written by R.M.)

Sports News



Netball - Year 7 played against Hope Academy and won 20-2. The girls played brilliantly, with consistent shooting and strong defence resulting in a high scoring game. Well done girls!



Boccia - Year 9 CC played a competition at Broadway Badminton Centre. There were some great throws by Shefaa and Eva who both celebrated in style.



Football - Year 9 boys hosted Sutton Academy in the St. Helens plate semi-final. A great team performance came with a 4-0 win. Goals from Olly, Noah, Finn and Mason.



Football - Year 11 boys ended their county Cup run against a strong SFX team. Final score 4-1 but in the game right up to the last minute.



Squash - Well done to everyone who took part in the mammoth 12 hour squash adventure at Edgbaston. With our Year 7's going against Year 11's and 10's facing Year 13's everyone played fantastically well.



Football - Girls U15's travelled to Bolton for the 3rd round of the ESFA National. A great performance from the girls led to a 5-2 win!



Netball - Year 10/11 Netball team played against DLS and Outwood Academy at the St. Helens Netball Festival.



Rugby - Year 11 boys made it through a tough quarter final in the St. Helens Cup against DLS with a great team performance, winning 49-12.



Football - Year 8 Boys beat Calderstones 6-1 in the Merseyside Cup to send them through to the quarter finals. A hat trick from Georgie and goals from Oli, Daniel and Kasper secured the victory.



Rugby - Year 9 girls won their North West semi-final and are now in the NW final which will be played in May. This is the 3rd consecutive year that the girls have made it to the final! What an amazing team!!



Rugby - Year 7 girls did really well in their first Northwest competition and came close to making it to the semi-finals but narrowly missed out on points difference.

Sports News



Football - Year 9/10 girls took on Calderstones in the Merseyside Cup quarter finals. A great performance in tough conditions led to a 1-1 draw at full time and the girls unfortunately lost on penalties. National Cup next - we go again!!



Rugby - Year 7 boys won 9-3 in a friendly game against Rainhill. Great team performance and loads to build on before some big games over the next few weeks.



Football - Year 7 girls won their town cup game 4-1 against Sutton Academy. Goals from Emily, Elsa, Isla and Ruby.



Karate - Alfie in Year 10 placed 2nd in the British Karate championships. He is now a British champion for Kanzan. He will be working towards achieveing his Black belt - well done Alfie!



Football - Year 11 boys beat Sutton Academy 7-1 to reach the St. Helens Plate final. Goals from Charlie (2) Finlay, Oliver, Joe, Dylan and Jayden.



Netball - Year 9 beat Hope Academy the Town Cup semi-final. A close game for the first three quarters but some good defensive interceptions and steady, accurate passing into the circle and calm, consistent shooting from Amelie and Freya meant we pulled away in the last quarter to win 22-12. Congratulations girls and good luck in the final on the 5th May.



Netball - Year 8 and 9 teams played in the town festival this week. Year 9 won all their matches convincingly. Whilst Year 8 won 2, lost 1 and drew 1, Special mention to Erin who played her last game for us, we will miss you Erin, best of luck in the future and keep on shooting!



Athletics Year 7 Girls got 1st place - this is the first time in 11 years that Year 7 have placed 1st with an absolutely outstanding effort from them all!!



Netball - Year 10/11 netball team were victorious in their Town Plate semi-final, winning 25-5 against Sutton Academy. The girls worked really hard as a team throughout the whole game. Well done, and good luck for the Plate final next week!



Football - Year 8 boys progressed to the Merseyside Cup semi-final with a 3-1 win over Maghull High and also the St. Helens Cup semi - final with a victory on penalties against Rainhill - Well done, boys!!!



Football - Year 11 boys won the St. Helens Plate final to finish their last ever game together with some silverwear. Jayden netting the decisive goal in a 1-0 win over De La Salle - Well done Boys!!