FAMILIES BULLETIN
19th December

Healthy Holidays – Supporting Our Families Over the Festive Break

As we head into the Christmas and New Year break, we want to encourage all families to enjoy a **Healthy Holiday**—a period focused on wellbeing, safety and spending quality time together.

The **Royal Borough of Greenwich** is offering a fantastic range of **student clubs, events and community activities** across the Christmas and New Year period. These include sports sessions, arts and culture workshops, family events and a variety of holiday clubs designed to keep young people active, engaged and supported during the break.

We encourage all families to explore what's on offer locally and make the most of these brilliant opportunities.

You can find updates and listings through the Royal Borough of Greenwich and **Live Well Greenwich** platforms.



Staying Safe Over the Festive Season

The Royal Borough has released updated guidance on how families can stay safe during the festive period, including New Year's celebrations. Key reminders include:

- Staying with trusted friends and family when out and about
- Planning routes home in advance, especially if attending fireworks or public gatherings
- Being mindful of crowds, loud noises and busy transport hubs
- Keeping valuables secure and making safe choices when celebrating
- Staying connected—checking in with your child when they are out independently

This guidance helps ensure young people enjoy the holidays in a way that is both positive and safe. See "Stay Safe Over the Festive Season" for more information.



Keeping Warm, Well & Healthy

Winter can bring additional pressures—cold weather, dark evenings and increased household costs. The Royal Borough's **Stay Warm, Stay Safe** advice emphasises:

- Keeping homes warm and well-ventilated
- Checking in on vulnerable family, friends and neighbours
- Being aware of support available for heating, wellbeing and winter safety

If families require support during the winter months—whether financial, practical or wellbeing-related—there are local services available through **Live Well Greenwich**.



Looking After Ourselves & Each Other

The holidays also offer a valuable chance to reset, rest and spend time together. We encourage families to:

- Enjoy phone-free shared time
- Walk together in our local parks and green spaces
- Cook, play games and enjoy relaxed, healthy routines

- Talk openly about plans, celebrations and expectations
- Prioritise sleep, wellbeing and connection

A healthy holiday is not only about staying active and safe—it's also about nurturing relationships and returning to school refreshed and ready for the new year.

Wishing All Our Families a Safe, Healthy & Joyful Break

We wish every student and family a wonderful festive season and look forward to welcoming everyone back in the New Year.

Asma Khan
Head of School

Support Over Christmas Break

A Happy Festive Season! The Autumn term is famous for its demands on us in terms of its intensity and demands. Our students have shown their grit and worked with us throughout the term. It is therefore with much relish that we look forward to the festive season to give us some respite, so that we can recharge and reflect, before we usher in the New Year and return for the warmer spring term.



It is important though that as we feast, we remember that others might be in more challenging situations, some of which have been summarised below:

Enhanced stress and anxiety – due to family dynamics, financial pressures and social obligations. Compounded by the expectations and responsibilities that the festive season comes with.

Holiday Blues – This is characterised by feelings of sadness or loneliness, especially where there have been close personal losses, not forgetting the change in routine.

Home environments – For our students with difficult home environments presented through factors such as domestic violence, coercive behavior, and the need to care for siblings, the joyful time rather introduces additional burden on them.

Isolation – Students who come from families that do not celebrate Christmas can feel left out. Comparing themselves to their peers can lead to negative emotional and mental states.

To support those who might need it, we have provided resources below via links to recommended organisations who can provide essential and immediate support where needed. Merry Christmas and a Happy New Year in advance.

ROYAL borough of GREENWICH

Report your concerns to Greenwich here.

NSPCC

Call 0808 800 5000

Email help@NSPCC.org.uk

Childline — childline ONLINE, ON THE PHONE, ANYTIME

Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday.

https://www.childline.org.uk/

live well greenwich

Call 0800 470 4831

online referral form

Samaritans — SAMARITANS

You can access confidential emotional support at any time from Samaritans either by calling 116 123 or emailing jo@samaritans.org

https://www.samaritans.org/about-samaritans/

Shout — shout for support in a crisis

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

Only available in mainland UK

https://giveusashout.org/

kooth

https://www.kooth.com/

Royal Greenwich Trust School
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PART OF UNIVERSITY SCHOOLS TRUST

Royal Greenwich Trust School
rgtssafeguardingteam@rgtrustschool.net

07886103582

Free Holiday Clubs for Kids

Please see below local club offers in the community over the holiday period.

Holiday Food and Fun

Children aged between four and 16, and receiving benefit-related free school meals, can get a free holiday club spot this winter through Holiday Food and Fun. From sports to performing arts, there's something for everyone. Plus, all clubs will provide a delicious, filling lunch every day too.

Find out how to book

Ilaria Vignolo - Communications Officer
Ilaria.vignolo@royalgreenwich.gov.uk

Return to School - Tuesday 6th January 2026

As a reminder that **Monday 5th January 2026** will be an INSET day and the school will be closed to all students. Normal teaching will resume on **Tuesday 6th January 2026,** when we look forward to welcoming all students back into school.

As staff will be in training throughout the day, they will be unavaliable until Tuesday 6th January 2026.



Upcoming Key Dates

Date	Event	Year Group	Timings
Monday 22nd December - Friday 2nd January	Christmas Break	All Year Groups	All Day
Monday 5th January	INSET Day (School Closed)	All Year Groups	All Day
Tuesday 6th January	Students Return to School	All Year Groups	8:30am
Thursday 9th January	Year 11 Parents' Evening	Year 11	4:00pm - 7:00pm
Wednesday 21st January	Staff Twilight - Early Dismissal	All Year Groups	12:50pm onwards
Thursday 22nd January	Year 12 and 13 Parents' Evening	Year 12 and 13	4:00pm - 7:00pm
Tuesday 10th February	Inclusion Coffee Morning	All Year Groups	9:15am - 10:30am
Monday 16th February - Friday 20th February	February Half-Term	All Year Groups	All Day
Monday 30th March - Friday 10th April	Easter Break	All Year Groups	All Day

UST Family Set to Grow

I am delighted to share some exciting news about the continued growth of our Trust. We are welcoming all three schools from Canary Wharf College Trust into our family, each bringing their own strengths, values and commitment to providing the very best education for every child.

This expansion reflects our shared vision: to create a collaborative community where schools support one another, share expertise, and ensure that every pupil has access to outstanding opportunities. By working together, we can achieve more than any school could alone.

We look forward to welcoming new colleagues and students over the coming months and celebrating all our shared achievements.

Thank you for your ongoing support as we continue to build a strong, inclusive and ambitious Trust.

Professor Peter Heathcote
Chair of Trustees

University Schools Trust
A transformational education

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https://uk.linkedin.com/company/university-schools-trust

Year 10 Mid-Year Exams – Monday 2nd February to Friday 13th February 2026



In a few weeks, Year 10 students will be sitting their mid-year exams. These will take place between Monday 2nd February and Friday 13th February during their normal timetabled lessons.

These assessments are summative, meaning they will cover content from across the year rather than the smaller, more frequent assessments students complete at the end of lessons or topics.

As a school, we want students to approach these assessments with confidence. To support this, we will be working with them on developing effective study skills and showing them how to use their classwork and home learning to prepare.

We will also guide students on how to structure their revision.

In the meantime, please encourage your child to use their time wisely by engaging fully with their regular home learning and setting aside time to revise.

Included with this letter is a link to the Parent Overview of Assessments, which outlines the structure of each assessment, topics to revise, and links to helpful revision resources.

If you have any questions or concerns regarding this communication, please contact me via reception on 0208 312 5480 or by emailing info@rgtrustschool.net.

Mr Drumm
Assistant Headteacher - KS4

Summer 2026 Examination Timetable

The Summer 2026 Examination Timetables for Years 11, 12 and 13 are now available on the school website. Please use the links below to access:

- The Year 11 Examination Timetable
- The Year 12 and 13 Examination Timetables

Families and students are advised to review the timetables carefully and refer to them regularly.

Students will receive their individual examination timetables following the completion of the March mock examinations. Should you have any queries, please contact the Mrs Jannoo, the Examinations Officer.

Growing Against Violence Parent Sessions

Growing Against Violence is offering to parents and professional sessions, looking at keeping their children safe explaining about exploitation and gangs the signs etc, please refer to the following video for further information:



Community Spotlight

Year 10 Trip – Jack the Ripper Walking Tour

In this last week before Christmas, 60 students in Year 10 visited Whitechapel, where they were given a walking tour of the area. History GCSE students study 19th Century Whitechapel and the Jack the Ripper murders as part of their Crime and Punishment topic (Paper 1), and this visit provided an opportunity to see locations they studied and hear stories they've read about in the classroom.

They visited several locations associated with Jack the Ripper, from murder sites to spots where clues were left. They walked the streets that were once considered the most wretched in London, and heard tales of extreme poverty, political activism, and the police investigation.

There was a focus on the fragile lives of the Ripper's victims, women who had once had lives beyond their association with a serial killer. Mr Smart even threw in some extra stories of dark medieval dungeons and executions gone gruesomely wrong, and students were able to touch a remnant of the old city wall originally built by the ancient Romans – nearly 2000 years of history literally at their fingertips!

It was an enjoyable and engaging stroll around London's historic East End, and students proved themselves to be excellent ambassadors for the school. We look forward to running the trip again next year with our future cohort of GCSE students!

