FAMILIES BULLETIN
12th December



Grit and Resilience: Why Your Child Needs Them More Than Ever

At RGTS, one of our core values is **Grit**—and it's something we believe every child needs to succeed. Grit is about more than just working hard; it's about perseverance, resilience, and the confidence to keep going when life gets challenging. We encourage our students to aim high, push through obstacles, and develop the skills that help them make thoughtful, and responsible, decisions.

What Are Grit and Resilience?

Think of **grit** as your child's inner drive to keep going, even when things get tough. It's about perseverance, passion, and sticking with goals over time. **Resilience**, on the other hand, is their ability to bounce back from setbacks, adapt to change, and keep a positive outlook when things don't go as planned.

Together, these qualities help children face challenges head-on, learn from failure, and grow stronger through experience.

Why Do They Matter in Secondary School?

Secondary school is a time of big transitions—new subjects, tougher exams, shifting friendships, and growing independence. It's also when many children start to feel the pressure of performance and comparison. Grit and resilience help them:

- **Handle academic stress** without giving up
- **Cope with social ups and downs**
- **Stay motivated** even when results aren't instant
- **Build confidence** through effort, not just achievement



How Can Parents Help Build Grit and Resilience?

Here's the good news: these traits aren't fixed. They can be nurtured at home with a few thoughtful strategies.

1. Praise Effort, Not Just Results

Instead of saying "You're so smart," try "I'm proud of how hard you worked on that." This encourages a growth mindset—believing that abilities can improve with effort. When your child says, "I can't do it" respond with "you can't do it yet!".

2. Let Them Struggle (Just a Bit!)

It's tempting to jump in and fix things but allowing children to face manageable challenges helps them learn problem-solving and persistence. Be their cheerleader, not their rescuer.

3. Share Your Own Setbacks

Talk about times you failed, felt discouraged, or had to work hard to succeed. It normalizes struggle and shows that resilience is part of everyone's journey.

4. Encourage Goal-Setting



Help your child set small, achievable goals and celebrate progress. This builds motivation and shows that big things happen one step at a time. This might be revising for exams, mid-year assessments, completing home learning, or just reading a chapter of a book for a relucent reader!

5. Teach Emotional Regulation

Help them name their feelings and find healthy ways to cope —whether it's deep breathing, journaling, or talking things through. Resilience starts with emotional awareness. In school we talk about Zones of Regulation – have a look at page 197 and 198 in your child's planner to discuss with your child 'The Feelings Thermometer' and to practice the strategies to self-regulate.

6. Model Grit Yourself

Children learn by watching. Show perseverance in your own life—whether it's sticking with a fitness goal, learning a new skill, or handling a tough day with grace.

Final Thoughts

Grit and resilience won't make life easier for your child—but they will make them stronger, more confident, and better equipped to handle whatever comes their way. And as a parent, you have a powerful role in helping these qualities take root.

So next time your child faces a challenge, take a deep breath, offer support, and remind them: You've got this and I believe in you.

Mr Williams
Deputy Headteacher (Curriculum)

Early Finish on The Last Day of Term (Friday 19th December 2025)

This is a reminder that students will be finishing early on the last day of term. The dismissal schedule can be found below.

Year Group	Dismissal Time
Year 7	11:50am
Year 8	12:10pm
Year 9	12:30pm
Year 10	12:20pm
Year 11	12:00pm



Cycleway 4 Update: Upcoming Works Near Windrush and Royal Greenwich Trust School

Please be aware that essential roadworks will be taking place **directly outside the school in January**. These works may **affect travel times and access to the site**. Further information from Kier, the contractor, is provided below.

The pedestrian crossings outside both RGTS and Windrush schools are due to be decommissioned at the beginning of January 2026. During this period, temporary traffic lights and barriers will be in operation. In addition, the removal of the central island on the road in front of the school is scheduled to take place at the same time.

We ask all families to **allow extra time for journeys to and from school while these works are carried out**.

Mr Heppell
Assistant Headteacher



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
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

Promoting Healthy Choices: Updated Policy on Sweets and Caffeinated/Fizzy Drinks

As part of our ongoing commitment to supporting the health, well-being, and academic success of our students, we will be introducing a new school-wide policy from the start of the new year. **Sweets and caffeinated or fizzy drinks will no longer be permitted on school premises**. This decision has been made following careful consideration of current research, student welfare needs, and our responsibility to promote healthy lifelong habits.

Below are examples of what will be banned in the new year, please note this list is not exhaustive.

Examples of Sweets:

- Haribo Starmix / Tangfastics
- Skittles
- Maoam
- Starburst
- Fruit pastilles and fruit gums
- Chocolate bars (e.g., Dairy Milk, Galaxy, Mars, Snickers)
- Lollipops



Examples of Caffeinated or Fizzy Drinks:

- Coca-Cola, Diet Coke, Coke Zero
- Pepsi, Pepsi Max
- Fanta, Tango, 7Up
- Lucozade Energy
- Monster Energy, Red Bull, Rockstar
- Bottled iced coffee drinks
- High-caffeine iced teas (e.g., Lipton “Extra Strong” variants)



Why Are We Making This Change?

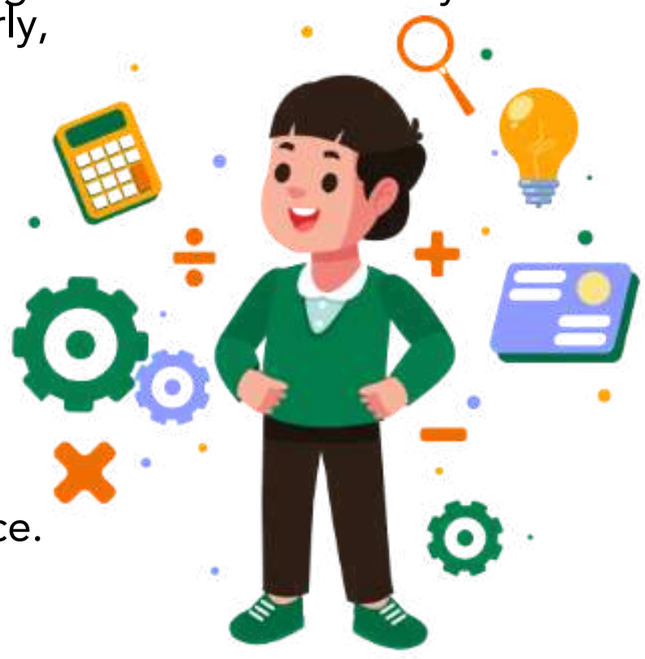
- **Health and Nutrition**: Excessive sugar intake can lead to energy spikes followed by crashes, affecting concentration and learning. Similarly, caffeinated drinks can disrupt sleep patterns and increase anxiety in young people.
- **Positive Habits**: We aim to encourage healthier choices that support both physical and mental well-being.
- **School Environment**: Reducing sugary and caffeinated products helps create a calmer, more focused atmosphere for learning.

Mr Brougham
Deputy Headteacher (Inclusion)

Key Stage 3 Set Changes English and Maths

From **Tuesday 6th January**, we are launching our **literacy and numeracy curriculum** for Key Stage 3 students who, on screening, need additional support.

Reading, writing, and numeracy are the foundation of all learning, and strong skills in these areas are essential for success across every subject. At Key Stage 3, students are building the knowledge and confidence they need for GCSEs and beyond. Intervention in these core areas helps to close any gaps early, ensuring that every child can access the full curriculum, express their ideas effectively, and solve problems with confidence. By supporting students now, we give them the tools to thrive academically and prepare for future opportunities.



Whilst these interventions will be delivered through the curriculum in English and Maths, some set changes for a small group of students will be taking place to ensure they can access the support required. For this cohort of students, families will receive a letter outlining the provision, and student timetables will be updated on the Arbor app for you to review with your child over the holiday.

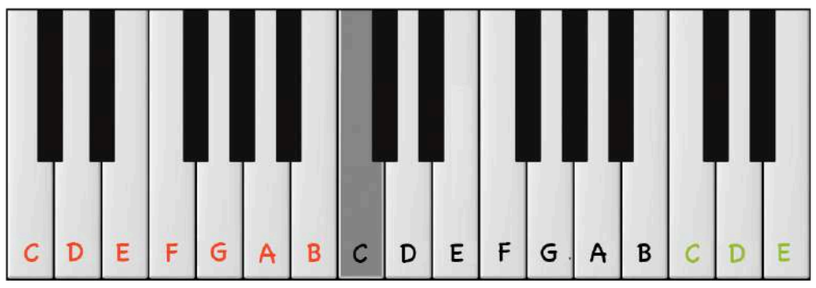
If you do have any questions, please contact your child’s tutor in the first instance.

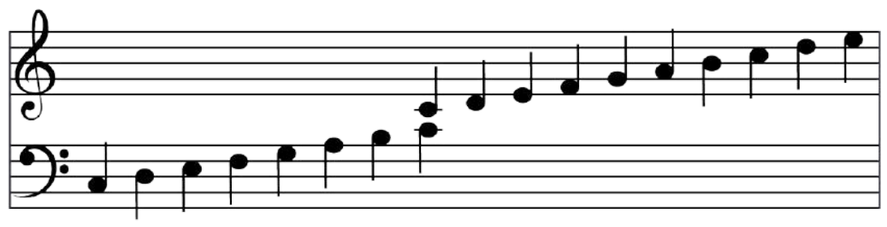
Mr Williams
Deputy Headteacher (Curriculum)

Curriculum Spotlight: Music

It has been an eventful year so far in the RGTS Music department, with new clubs and bands as well as exciting things happening in curriculum music lessons.

The **Year 7s** worked on **singing, percussion rhythms and improvisation** in term 1, and in term 2 have been learning how to play the piano keyboard using both hands and start to use music notation to help them learn. Their topic has been music for festivals, so they have listened to music from round the world, from Indian Bhajan's for Diwali, to jazz for Mardi Gras. They are currently learning "Let It Snow", a classic for the Christmas festival!





Year 8 have been focusing on **music for dance**, and in term 1 learned to play Stevie Wonder's "Sir Duke" on the keyboard. This term they have been creating dance music on laptops, using BandLab for Education, a free online Digital Audio Workstation (DAW) software. They have been programming drum beats, chord sequences and sampler tracks, and creating a song form structure with different sections to build a whole song. They have listened to a wide variety of music for dance from around the world, from British and European folk styles to hip hop and disco via ballet and afrobeats.

Year 9 have focused on **music for stage and screen**, and in term 1 learned to play the chords for "The Eye of the Tiger" from Rocky IV. This term they are composing the film score to a two minute animated film clip, using BandLab to create leitmotifs - signature music for characters or other recurring features of a film, opera or musical theatre piece. They are completing their underscoring using orchestral samples, and are studying the core elements of music such as melody, harmony, rhythm, tempo and instrumentation to help them create music effectively.

Our Year 11 music students have completed their performance and composition coursework, creating high quality work which makes up 60% of their final mark. They have worked really hard on this, as they are doing it as an additional after school GCSE option, so they should be extra proud of themselves for their achievements so far.

A group of ten students now attend **instrumental band work** at the **Tramshed every Thursday for the Woolwich Creative Club** with jazz trumpeter Byron Wallen and many other top professional instrumental teachers. The minibus takes students there every Thursday, while others make their own way there, and they stay till 6pm. There is increasing demand for this exciting club now among our students, to the extent that we will soon have to limit numbers!

We have a new **RGTS choir** just started, and there is a **new afrobeat band meeting in the music room at every opportunity - before school, breaks and lunchtimes**, the beat goes on. After Christmas we are starting a **new dance club on Wednesdays after school**, where students can enjoy expressing themselves through movement to music - therapeutic, good exercise, and most of all a fun way to unwind in the middle of the week.

On Wednesday 17th December, as part of the Winter Fair, we have a concert in the Lecture Theatre from 4-5pm, parents can book tickets to the fair on the school website - arrive at 4pm sharp to be sure of a seat!



Mr Spall
Head of Department - Music

RGTS BRINGS YOU

Free Christmas Lunch

FREE CHRISTMAS CRACKER!

For all students and staff!

DJ LAGER-TAPPER - FOOD - FESTIVITIES

DECEMBER

THURSDAY 18 LUNCH 1&2



Join Us for Our Winter Fair – A Fun Night for All!

We are delighted to invite all families to our Winter Fair: Fun Night!, taking place on **Wednesday 17th December from 4:00–6:00pm**. This much-loved event promises to bring our school community together for an evening of festive joy, entertainment, and celebration.

This year's Winter Fair will feature a fantastic range of activities, including Christmas karaoke, games, music, food and drinks, and plenty of opportunities for festive fun for children and adults alike. Entry is just £1 per person, making it an accessible and enjoyable event for the whole family. Please note this event is **only for RGTS families** and all families **must have their reference booking number on the night.**

Most importantly, the Winter Fair is an opportunity for us to support two remarkable causes. All proceeds will be donated to:

- GRACEAid, supporting refugees and asylum seekers
- The Ben Kinsella Trust, working to tackle knife crime and promote youth safety

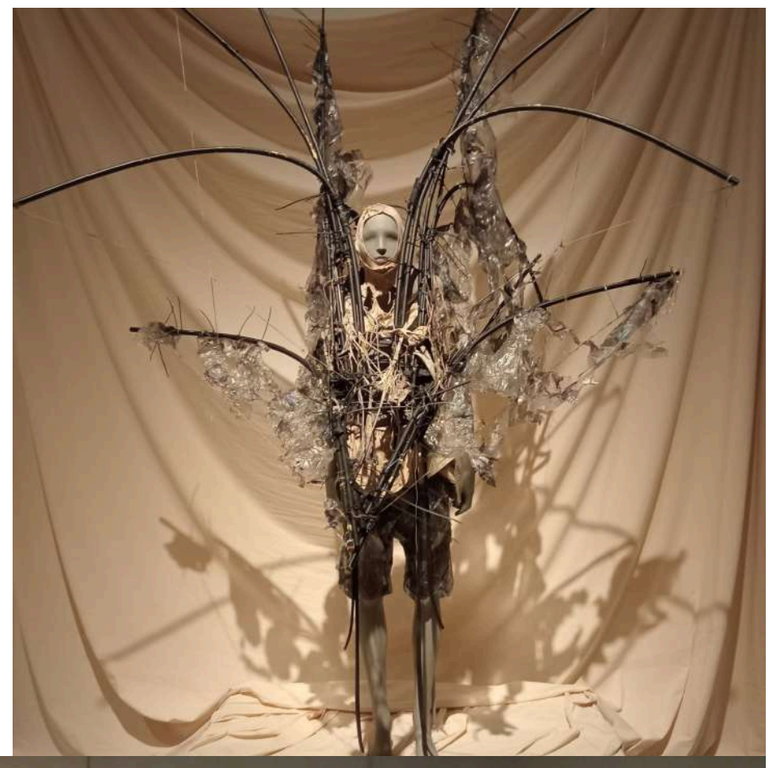
To help us plan and ensure the smooth running of the event, we kindly ask families to sign up using the link below:

https://www.rgtrustschool.net/ticketing/event?id=146



Community Spotlight

Exploring Beauty in Imperfection: Students Visit the Barbican's Dirty Works Exhibition



On **Thursday 4th December**, Ms Maynard and Ms Mitchell accompanied a group of fortunate Year 9 and Year 8 students to the **Barbican's Dirty Works exhibition**. The exhibit showcased pieces by some of the world's most influential fashion designers, including **Vivienne Westwood**, **Alexander McQueen**, and **Prada**.

The collection explored the concept of beauty within imperfection, presenting garments that were intentionally **distressed, "dirty," and reflective of everyday life** to highlight the artistry found in the unconventional.

The Year 9 students were especially captivated by the designs. Both **Antonia and Ella** were drawn to **Robert Wun's Wine Stain dress** from his 2023 collection—a striking white gown embellished with intricate beading and adorned with dramatic wine-stain detailing.



Powerful Performances that Inspire: A Week of Theatre for Our Student



On **Wednesday 26 November**, the Drama Department had the pleasure of taking our Year 11 students to **Richmond Theatre** to watch the acclaimed production of **The Woman in Black**. This visit provided a fantastic opportunity for students to experience the magic of live theatre and to see a classic suspense narrative brought vividly to life on stage.

The chilling atmosphere, clever use of lighting and sound, and the actors' gripping performances held the audience in a state of tension throughout. Students were able to observe first-hand how theatrical techniques are used to build suspense—an invaluable experience that will support their understanding of drama as both performers and critical observers. The trip proved memorable and enriching for all involved.



On **Thursday 28 November**, we welcomed **Tramshed** into school to deliver their dynamic and impactful production Sorry Not Sorry to our Year 8 cohort. The performance tackled important themes, including **emotional intelligence, friendship, and knife crime**, presenting them in a way that was accessible, engaging, and thought-provoking for young audiences.

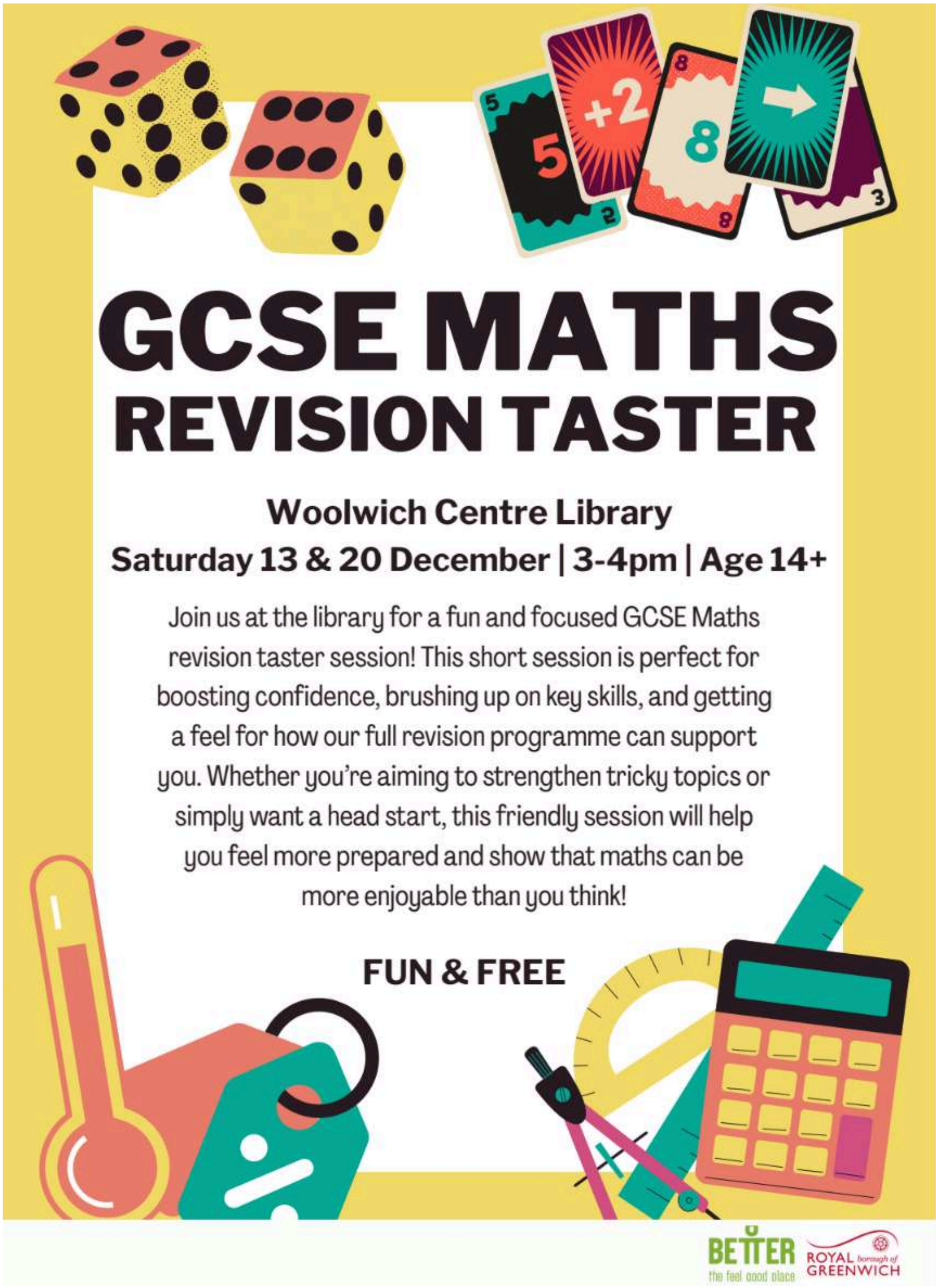
Olive Dining - Winter Wonderland Menu

Olive Dining, our catering service provider, will be running a Winter Wonderland Menu every Wednesday throughout December. The menu for next week is below.



Free Local Activities for Families

Please see below some free local opportunities taking place over the weekend run by the Royal Borough of Greenwich.




AY EVENTS
Jewellery Making Workshop
NO BOOKING REQUIRED, JUST DROP IN
WE'RE HOSTING EVENTS AT GLL LIBRARIES ON:
SATURDAY 13TH DECEMBER 2025
WOOLWICH CENTRE LIBRARY
12-2PM
PLUMSTEAD CENTRE LIBRARY
3:30-5PM
ONE PER PERSON
FREE FOR ALL
Instagram:
@ayevents__
Tiktok:
@ayevents
BETTER
the feel good place
ROYAL borough of GREENWICH