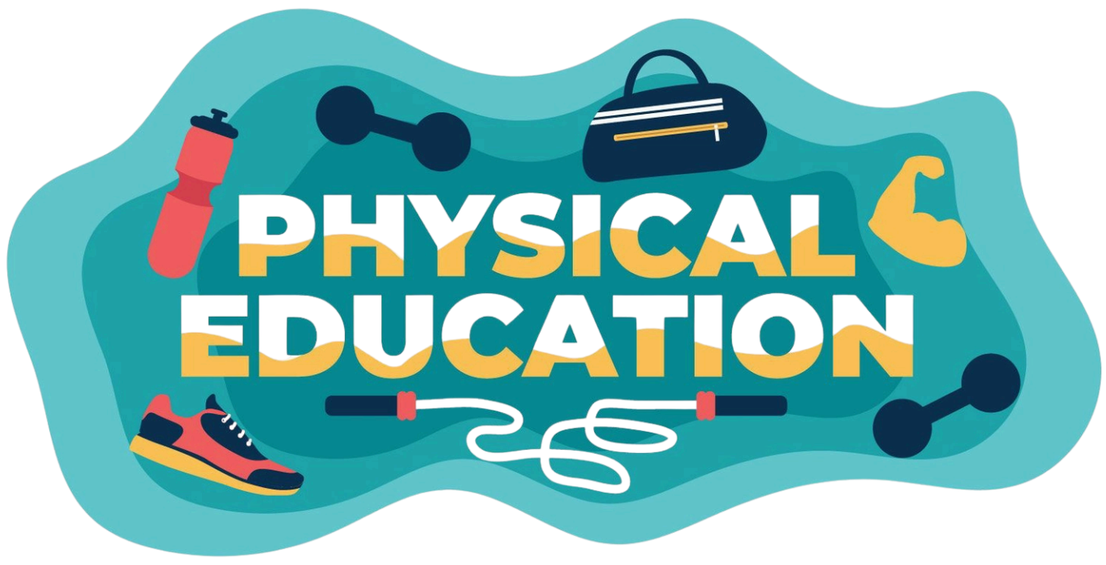
FAMILIES BULLETIN
28th November



Curriculum Spotlight: Physical Education

At Royal Greenwich Trust School, Physical Education is a vital part of school life. Through a broad, inclusive curriculum and a strong extra-curricular offer, we aim to develop confident, resilient young people who enjoy being active, work well in teams, and understand how sport and physical activity support lifelong health and wellbeing.

Key Stage 3 (Years 7–9)

Across Terms 1 and 2, KS3 students have rotated through a range of units that **build physical competence, confidence and positive attitudes** to sport. These include invasion games, gymnastics, healthy active lifestyles and badminton, with a focus on developing core skills, teamwork and critical thinking.

In Term 3, pupils will continue their rotation into more advanced and seasonal units, including **athletics and striking/fielding activities**, alongside **further opportunities to develop performance, leadership and officiating skills**. Our goal is that every student experiences success, challenge and enjoyment in PE, regardless of starting point.

Key Stage 4 (Years 10–11) – BTEC Tech Award in Sport

Year 10

Year 10 students have been working on Component 1 and Component 3 of the BTEC Tech Award in Sport.

For Component 1 (Preparing Participants to Take Part in Sport and Physical Activity), they have focused on **how to plan and lead a safe and effective warm-up**. Students have learned about the key phases of a warm-up – pulse raiser, mobiliser and preparation stretches – and how these affect the musculoskeletal and cardiorespiratory systems. They have also looked at **how to organise space and equipment, give clear demonstrations, and adapt activities for different participants and sports**. In Term 3, students will put this learning into practice by delivering a warm-up as part of their coursework assessment.

Alongside this, Year 10 have begun Component 3, where they are exploring how fitness is developed and applying their knowledge to exam-style questions, building the skills they will need for their external assessment later in the course.

Year 11

Year 11 students have been working on Component 2, which is worth 30% of their final grade. As part of this, they took part in a drop-down day on Thursday 16th October, where they **planned and delivered football training sessions to other students** and were filmed for assessment. This video evidence will support their coursework as they evaluate their planning, delivery and leadership.

In addition, Year 11 sat their first set of BTEC Sport mock exams this November. This gave them valuable experience of sitting a full paper under exam conditions and managing their time. The mock results will help students and staff identify strengths and areas for improvement so that revision and intervention can be targeted effectively ahead of the real examination.



PE Enrichment & After-School Clubs

Our PE clubs are open to all students and are a brilliant way to stay active, build confidence and represent the school. Current clubs include football, netball, basketball, badminton, volleyball and fitness sessions across the week. Students should check the PE noticeboard and Arbor for the most up-to-date timetable and sign-up information.

Day	Club	Year Group(s)	Location
Monday	Football	Year 8	Sports Hall
Tuesday	Netball	Years 7, 8, 9	Sports Hall
Tuesday	Football	Year 10	Sports Hall
Wednesday	Volleyball	Years 9, 10, 11	Sports Hall
Thursday	Football	Year 7	Sports Hall
Friday	Basketball	KS4 & KS5	Sports Hall
Friday	Football	Year 9	Sports Hall

New clubs launching in Term 3:

- Girls Football (KS3 only) – launching Term 3, Week 2. Any KS3 girls interested should pop into the PE office to collect a sign-up form.
- Girls NFL Flag Football (KS3 only) – also starting in Term 3, with the exciting opportunity to compete in a South East London Flag Football competition. More details will follow shortly.

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PE Kit Expectations – Cold/Wet Weather Update

Now that the colder and wetter weather has arrived, please ensure your child:

- Brings a weatherproof light fleece or waterproof jacket for outdoor PE lessons.
- Wears appropriate layers under their PE kit (e.g. base layers/skins).
- May wear gloves, hats, and snoods – preferably black for all additional items - to keep our uniform consistent.

Please note that hoodies are not permitted at RGTS and will be confiscated. The school uniform shop stocks a suitable waterproof jacket via JK Clothing (https://jkclothing.co.uk/product/65f58ea3124ef000112b1cfe)
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Students must wear RGTS PE kit to every lesson, with correct footwear and no jewellery for safety reasons.

Boxing Intervention at RGTS – Time Out Boxing

We are proud to have recently launched our partnership with **Time Out Boxing Ltd** here at RGTS. These high-intensity intervention sessions support students to:

- Learn correct boxing technique.
- Improve fitness, self-discipline and confidence.
- Use sport positively to manage emotions and release anger.

Sessions focus on the foundations of boxing, including footwork, punching combinations and boxing stance, while also **providing mentoring and a positive outlet for energy**.



Celebrating Success

We are delighted to share some fantastic recent achievements by our students:

Alexandra (7F)

Alexandra recently finished as runner-up in the 14U Girls Singles tennis event on 2nd November. This is a brilliant achievement that reflects her dedication and talent on court.

Tyrese (11K)

Tyrese has been crowned London Boxing Champion in the under-40kg category. This is an outstanding achievement that showcases his dedication, discipline and resilience. Tyrese will now progress to the national qualifiers, and we wish him every success.

We are incredibly proud of Alexandra and Tyrese, and of all our students who represent RGTS so positively through sport.

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Mr Florin
Head of Physical Education





Early Dismissal - Tuesday 2nd December

We would like to remind families that there will be an **early closure for students on Tuesday 2nd December 2025** due to our staff twilight sessions. Please find the dismissal times for each year group listed below:

Year Group	Dismissal Time
Year 7	12:50pm
Year 8	1:10pm
Year 9	1:10pm
Year 10	12:50pm
Year 11	12:50pm
Year 12	1:10pm
Year 13	1:10pm

Please note that any detentions or afterschool activities will be cancelled on Tuesday.



Upcoming Key Dates

Date	Event	Year Group	Timings
Tuesday 2nd December	Twilight (Early Dismissal)	All Year Groups	Half-Day
Thursday 4th December	Year 9 Parents' Evening	Year 9	4:00pm - 7:00pm
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

Year 9 Parents' Evening - Thursday 4th December 2025

Our Year 9 Parent Evening focuses on supporting students as they take their next steps towards GCSEs.

Before the Evening

Book appointments using the Arbor parent app. Speak to your child beforehand about what they feel proud of this year, the subjects they are enjoying, and any areas they find challenging this helps set a clear focus for discussions. It is also a good moment to explore their early thoughts about GCSE subjects and future ambitions.

During the Evening

After signing in, families will have the opportunity to meet subject teachers to discuss current progress, attitudes to learning, and how students are developing the resilience needed for GCSE study. Staff will highlight strengths, areas for improvement, and the habits that support consistency and confidence. A dedicated GCSE Preparation & Resilience Information Station will offer guidance on:

- building motivation and study routines
- responding positively to mistakes and challenges
- developing independence in learning
- understanding GCSE pathways and subject expectations

Pastoral and support staff will also be available to speak about wellbeing, attendance, and the wider support available in school.

Mr Nott
Assistant Headteacher (KS3)

Year 11: Upcoming Presentations from Post-16 Course Providers

As our Year 11 students continue to navigate a pivotal year in their journey, we wanted to share with our families the upcoming presentations they will receive from different post-16 course providers.

Date	Provider
Friday 28th November	Royal Greenwich Trust School and Leigh Academy
Thursday 4th December	The John Roan School (Virtual Assembly)
Friday 5th December	Little Leasure Sport (LLS)
Friday 12th December	Shooters Hill Sixth Form

Mr Dalby
Head of Year 11

Winterfest at RGTS – A Festive Celebration of Community, Creativity & Kindness 🎄



As we approach the end of the Autumn Term, we are delighted to share the details of our upcoming Winterfest Week—a series of joyful events designed to bring our community together, celebrate our students' talents, and raise money for charities chosen by our young people. The Autumn Term is always a long one, and these celebrations give students something to look forward to, creating a vibrant, uplifting end to the term.

Across the final weeks, students and families can look forward to:

Food Bank Drive (17th November - 18th December)
Our annual Food Bank Drive encourages students to give back to the local community by donating items for families in need. Every contribution makes a meaningful difference.

Website Advent Calendar (Goes Live - 1st December)
Led by De-Beer, our online advent calendar will once again showcase festive student creativity, featuring artwork, animations, poetry and more throughout December.

Winter Fair (17th December 4:00pm - 6:00pm)
A highlight of the calendar—our after-school Winter Fair welcomes families, friends and local community members into RGTS. All proceeds support GraceAid and The Ben Kinsella Trust, two charities selected by our students.

Winter Solstice Concert (17th December 4:00pm - 5:00pm)
Our talented music students will perform a selection of solo and ensemble pieces in the Lecture Theatre, demonstrating their growing performance skills and creativity in a magical evening of music.

Christmas Jumper Day (18th December)
Students are invited to wear their favourite festive jumper and donate to our chosen charities. Those unable to donate are still warmly encouraged to take part.

Christmas Dinner (18th December)
A special extended lunchtime where staff and students share a festive meal together. With music and hosting from Ms Leger-Tapper, this event always brings plenty of Christmas cheer!

Non-Uniform Day (19th December)
Our student body requested a non-uniform day to finish the term. Voluntary contribution of £1 on the day will again support GraceAid and The Ben Kinsella Trust.

Together, these events help us celebrate the term, strengthen our sense of belonging, and support causes that matter deeply to our students. We look forward to welcoming families and sharing the joy of Winterfest across our RGTS community.

Mrs Houston
Assistant Headteacher

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.



Flu Immunisation Catch-Up Session: Friday 12th December 2025

The immunisations team will be revisiting Royal Greenwich Trust School on **Friday 12th December 2025**, to run a **flu immunisation catch-up session**. Please complete the **consent form indicating whether you do or do not provide consent** to the immunisation using the following link or QR code below.

Consent Form

Families who have **not completed the form will be contacted on the day** by the immunisation nurses to confirm their consent preference.

