



RMGS News



Headteacher's Message

As we approach the exam season, it has certainly been a busy week across the school. I would like to take this opportunity to say a huge thank you to our whole school community for the support shown to our exam year groups.

In particular, thank you to students in Years 7, 8, 9 and 10 who have consistently arrived in the correct PE uniform on the days they have PE. This has made a really valuable contribution to ensuring that our exam groups have the additional space and calm environment they require during this important period.

I would also like to take a moment to thank and celebrate our Year 13 students. It has been emotional reflecting on the journey you have shared with us, as you have been such a significant part of our school community. As a year group, your sense of humour, resilience and "can do" attitude have certainly not gone unnoticed. You will be greatly missed, and we wish each and every one of you the very best in your examinations and in your exciting next steps beyond school.

Similarly, our Year 11 students are now beginning their exam journey. A huge thank you to Year 11 for engaging so positively with the new bridging exam timetables. There has been a purposeful and positive learning environment throughout silent study periods, revision lessons and pre-examination sessions, and we have been incredibly impressed with the mature and focused way students have approached this challenge.

Thank you also to our dedicated Year 11 and Year 13 teachers and non-teaching staff who continue to guide and encourage students throughout this important stage of their education. Your commitment and care make an enormous difference. I would also like to extend a heartfelt thank you to parents and carers for your invaluable support and encouragement along the way.

This week's assembly theme has focused on our culture of belonging. As part of this, we have shared our whole-school approach to embedding a mobile-free school environment. Mrs Horstrup (Deputy Headteacher) and I have spoken with students about the rationale behind this approach, underpinned by research and feedback gathered from staff, students and parents. I have been genuinely blown away by the maturity and positivity shown by our students in response to these discussions.

Finally, I would like to shine the spotlight on Noah S in Year 7. Noah took part in a national hockey competition last weekend, and his team were crowned champions, not only that Noah delivered the winning goal. We are incredibly proud of Noah's achievement, which reflects the importance of enrichment opportunities in supporting students' personal development and success beyond the classroom.

Wishing you all a thoroughly enjoyable and restful weekend. We look forward to welcoming our students back on Monday.

Best wishes,

Mrs Hart

Headteacher



Important Dates:

11th May-
Year 10
Paris Trip

11th May -
Symposium –
Internal Heats at
RMGS

12th May -
Year 10 & 12
Madrid Trip

14th May-
Year 8 Parents
Evening - NPRS

15th May-
DofE
Camp Training



RMGS News

Culture Day on Friday 1st May

Belonging, respect, curiosity and understanding were at the heart of last Friday's Culture Day. The Student Diversity Team ran a bake sale, a fashion show, and created the RMGS *This is Us* Map of the World as well as a fabulous playlist for students to dine to.

Mr Wallis and her catering team provided a fabulously diverse menu... the pastel de nata were a particular hit!

Thank you to all students and staff who took part. Please enjoy these stunning photos taken by Ms Atlee, our RMGS photographer! Mrs Horstrup





RMGS News

Culture Day on Friday 1st May

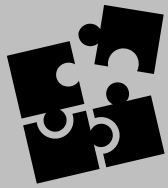




RMGS News



Culture Day on Friday 1st May





RMGS News

Year 7

Last weekend, **Noah** was selected by England Ice Hockey to take part in their Draft Showcase Tournament in Sheffield. Noah was part of Team Bowns, where he competed against other players in his age group (Under 12s). EIH take the top players nationally and create teams from England, Scotland and Wales, enabling the children to compete in an event to showcase their talent. **Noah's team won the tournament for their age group, and Noah scored the winning goal, which you can see him celebrating below!** **Well done Noah!**



YEAR 7 TOP STUDENTS FOR R-POINTS LAST WEEK

Tuesday, 27th April- Friday, 1st May

ETHAN A- 7P- 71

ABIGAIL H- 7P- 19

ELLIS C- 7N- 13

DENIS N- 7S- 12

JONATHON O- 7N- 10

**WELL DONE TO 7B FOR THE HIGHEST
ATTENDANCE FOR LAST WEEK!**



RMGS News

LET'S GET ACTIVE

Supporting active, healthier lives

SIX FREE

2026

DANCE SESSIONS

FOR WOMEN & GIRLS
AGED 12 AND UP

DANCE FUN!

ABSOLUTELY FREE!



AT FEATHERBY
INFANT SCHOOL HALL

ME8 6PD

TUESDAYS 5:00 PM – 5:45 PM

DATES:

12th MAY 2026

19th MAY 2026

9th JUNE 2026

16th JUNE 2026

FRIDAYS 5:00 PM – 5:45 PM

DATES:

5th JUNE 2026

26th JUNE 2026

COME ALONG,
HAVE FUN,
FEEL AMAZING!



JUST BRING YOURSELF,
A WATER BOTTLE, AND A SMILE!





RMGS News

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

1 PRACTISE WORKLOAD WISDOM

The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.

2 CLEAR UP THE CLUTTER

A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A calm, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mind maps, or creative elements can also make revision feel less daunting and more manageable.

3 MASTER THE MATERIALS

Revision can feel particularly stressful if young people are unsure where to begin. Help them confirm key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.

4 GET CREATIVE WITH NOTES

Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn these notes into flashcards for regular review and repetition. Feeling familiar with their material can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.

5 USE VISUAL MEMORY AIDS

Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can also make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.

6 BUILD A TECH TOOLKIT

Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support – rather than overwhelm – their learning, and to take regular breaks from their screens to protect their wellbeing.

7 KEEP REVISION ENJOYABLE

Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate humour, real-life examples, or creative approaches into their learning. Mixing study methods, including light physical activity such as short walks, can also improve their mood and focus. Enjoyable revision experiences can help reduce stress and make the process feel more positive and sustainable.

8 USE ACTIVE STUDY METHODS

Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.

9 USE AI THOUGHTFULLY

AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Used carefully, these tools can reduce overwhelm and save time. Remind young people to check AI information with trusted sources to ensure its accuracy and build confidence in their understanding.

10 PRACTISE WITH ONLINE TOOLS

Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing – including timed activities – to build up familiarity with exam conditions. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of Social Enterprise UK's 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



See full reference list on our website



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RMGS News

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10 Top Tips for Parents and Educators EFFECTIVE REVISION AND STUDY SKILLS

As exam season ramps up, revision often becomes louder, busier, and less effective. Many pupils still rely on comfort strategies like re-reading and highlighting. These can feel productive but rarely build long-term memory. This guide will help you create a low-effort, high-impact revision system that teaches pupils how to revise, rather than merely emphasising its importance.

1 DIAGNOSE BEFORE DOING

Before adding more sessions, identify why a pupil is underperforming: knowledge gaps, weak routines, poor choices, or low effort driven by a lack of confidence. Treating every issue as 'needs more revision' creates noise. Use a quick check: what do they know, what do they misunderstand, what can't they retrieve under pressure, and what do they avoid? Then match revision to the actual problem.

2 TEACH REVISION EXPLICITLY

Most pupils haven't been taught how to revise well, so they pick what feels easiest. Build short revision mini-lessons into curriculum time; demonstrate retrieval, spacing, and how to self-check. Model it live, do it together, then gradually hand over responsibility. The goal is independence, not dependency. When pupils understand why strategies work, they're more likely to use them when it matters.

3 PRIORITISE RETRIEVAL PRACTICE

Make recall the default. Use methods such as low-stakes quizzes, flashcards, free recall, blurring, and 'answer then check'. Effective testing helps to measure and strengthen learning. Keep it specific and frequent – small chunks, lots of repetition, and immediate feedback. For parents, the best question isn't 'Have you revised?' but 'What can you remember today, without notes?'

4 SPACE IT OUT

Cramming can boost short-term performance, but it's weaker for long-term retention. Help pupils spread practice across days and weeks, revisiting content after memory has faded. That 'slight struggle' is the point. Use a simple rhythm: new learning, next-day retrieval, a three-day revisit, a weekly revisit, and mixed practice before the exam. This turns revision into a routine, not a panic.

5 MIX, DON'T BLOCK

Practising one topic for a long stretch – known as 'blocked practice' – can feel easy, but it can hide fragile learning. Mixing topics, question types, or methods strengthens long-term learning and helps pupils apply knowledge later. For educators, design homework and revision packs so topics reappear in a planned cycle. For parents, encourage sessions that mix two topics rather than focusing on just one.

6 USE DESIRABLE DIFFICULTY

Revision should feel effortful, not effortless. Durable learning comes from challenging revision techniques: attempting answers before looking, explaining ideas aloud, writing from memory, or tackling unfamiliar question formats. The key is 'hard, but doable'. If a pupil always gets everything right, it's too easy. If they always fail, it's too hard. Aim for productive struggle with quick feedback loops.

7 CENTRALISE MATERIALS SIMPLY

Revision fails when pupils waste energy finding resources, navigating platforms, or guessing what matters. Reduce cognitive overload by centralising what they need: a single hub per subject, a clear list of priority knowledge, and a small set of standard task types such as quizzes, flash cards, exam questions, or corrections. Less admin clutter means more working memory for learning.

8 PLAN, MONITOR, EVALUATE

Strong revision is self-regulated. Pupils plan what they'll do, monitor if it's working, and evaluate what to change next time. Use a weekly revision review routine that asks: 'What did I try?' 'What improved?' 'What didn't?' 'What's my next micro-goal?' Post-mock action plans are powerful here because they force honesty about time spent, strategy used, and impact achieved.

9 WRAP MOCKS PROPERLY

Mocks only help if pupils learn from them. Use an exam wrapper approach: before the mock, set strategy goals; afterwards, analyse errors such as knowledge gaps, misread questions, weak methods, and timing issues, then create a targeted reteach and retest plan. Parents can support by asking, 'What type of mistake was it, and what's your fix?' rather than 'What grade did you get?'

10 MAKE TIME VISIBLE

Revision becomes real when time is protected and predictable. Help pupils build a timetable that's short, repeatable, and realistic: 30-40 minute blocks, clear start and stop times, and specific tasks, not 'revise science'. Avoid perfectionist plans that look pretty and collapse by Tuesday. Consistency beats intensity. Build momentum with small wins, then build from there.

Meet Our Expert

Amjad Ali is the creator of Try This Teaching and the CPD and Inclusion Lead for the Chiltern Learning Trust. With over 19 years' experience in education, including leadership roles in diverse and high-need schools, he specialises in inclusive, evidence-informed practice. His work focuses on practical, low-effort, high-impact strategies that help students learn more and retain knowledge over time.



#WakeUpWednesday

The National College

See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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RMGS News



Fun Day for Families

Join us at the #WelcomeToMedway Gillingham event! Whether you're a newcomer or a long-time resident, come enjoy a day filled with fun while discovering everything Medway has to offer at this FREE event.

- ✓ Family-Friendly Activities
- ✓ Free Refreshments
- ✓ Giveaways

Meet local agencies, discover what free services are available to you and explore one of the Medway Children and Family Hubs.

Gillingham Children and Family Hub

📍 Woodlands Road, Gillingham, Kent ME7 2BX



**THURSDAY
28 MAY**

10.30-1.30



01634 33 11 22

FamilyHubs@Medway.gov.uk





RMGS News



ANVIL Carnival 2026 (Procession and Summer Festival)

Following the Carnival procession, **celebrating myths and legends** from around the world and our school community, there will be numerous **stalls offering a range of food, drink, crafts, and goods**. There will also be stalls, games, and activities run by our students, music, and entertainment. **Although some stalls will accept card payment, it would be advisable to bring cash.**



**Monday 13th July
12:00 - 16:00
2 x tickets available per student,
under 5's will not require a ticket**



Free Event

Order your tickets below through Eventbrite:

<https://www.eventbrite.co.uk/e/1988068631795?aff=odtdtcreator>



RMGS News

Exams

Our wonderful **Examination Team** have worked hard to get everything ready for the start of the GCSE and A Level Examinations. Thank you to the amazing **Site Team** who ensure that all tables and chairs are placed in the exam venues.

They would also like to wish each and every one of our Year 11 and 13 students the very best of luck 🌟👉

#GCSEExams #ALevelExams #BelieveInYourself

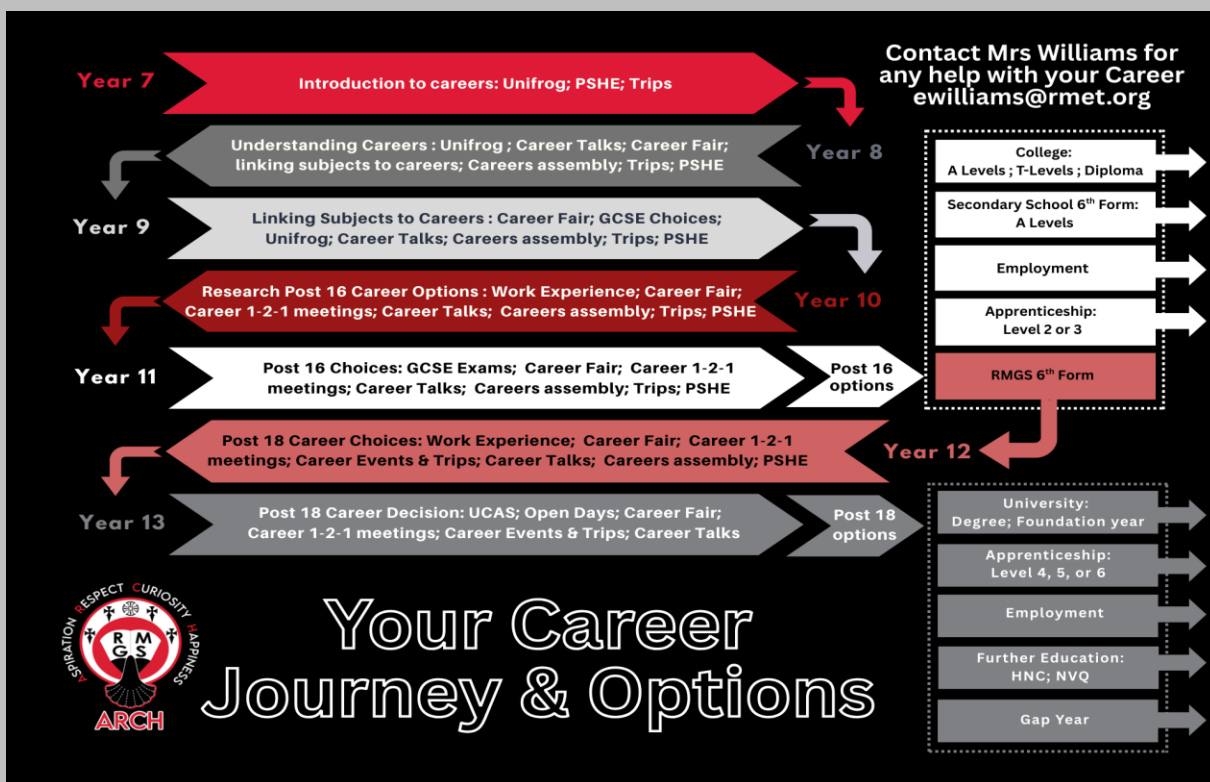


Winners!





CAREERS CORNER



Your Career Journey & Options

Love Business?

Where can it lead you?

Post-16

Courses:

- A-Level Business
- T-Level Business, Management and Leadership
- Level 2-3 Business

Apprenticeships:

- Finance Assistant
- Business Administrator

Post-18

Courses:

- HND Business
- BSc (Hons) Agri-food Business Management
- BSc (Hons) Business Economics

Apprenticeships:

- Accounting Technician
- Project Manager

Future Careers

- Business Project Manager
- Business Analyst
- Human Resources Officer
- Financial Advisor
- Investment Analyst
- Sales Manager
- Social Media Manager
- Digital Marketer

This subject links to regional growth job sectors in:

- IT & Digital
- Maths & Science
- Renewable Energy



CAREERS CORNER

Spot Light on....Business

Is your child interested in Business?

This week we shine the light on Business and share just some of the career pathways AND Post 16 and 18 options that are out there.

Whether it's a Apprenticeships, College course or Further Education...[click here to find out](#) heaps more where a passion for Business can take you

Summer Opportunities

Futures for All has just launched their Summer Schedule Planner – a live document showcasing what's on throughout the summer term. [Click here](#)

https://www.canva.com/design/DAG6WhtDCr8/3RBilm87tcDxjGXHiGa65g/view?utm_content=DAG6WhtDCr8&utm_campaign=designshare&utm_medium=link2&utm_source=uniqueLinks&utlId=he0510f7bc7



unifrog

Unifrog Roll out for Year 7 and 8 students

All Year 7 and 8 Parents/Guardians have now received an email detailing the roll out of our online Careers Platform Unifrog.

Unifrog is an online platform that supports secondary schools to deliver their statutory duty to provide students aged 4 to 18 with impartial and independent guidance on the full range of post-school career options. It helps students from Year 7 start to explore interests, subjects, pathways early so that they have a deeper awareness and understanding of all the post-school opportunities available.

What's next?

- Over the coming weeks your child will have time set aside in their Computing lesson to log on and start exploring the platform
- Please feel free to watch this short video which details a little more about Unifrog <https://cdn.unifrog.org/video/45v2970bm9/720.mp4>
- Please feel free to sign up to Unifrog yourself ONCE your child has completed their Unifrog session at school so that you can also access the resources and receive weekly summary emails
- Please also feel free to get in touch with our Careers Adviser ewilliams@rmet.org with any questions

May 2026 Higher and Degree Apprenticeship vacancies

The latest Higher and Degree Apprenticeship opportunities is now live for Year 13 students : [click here https://www.amazingapprenticeships.com/wp-content/uploads/2026/04/April-HD-Listing-2026-MASTER.pdf](https://www.amazingapprenticeships.com/wp-content/uploads/2026/04/April-HD-Listing-2026-MASTER.pdf)



CAREERS CORNER

Bioscience Work FREE Experience Week: 24 - 28 August

This week offers a wonderful opportunity for budding scientists to spend a week carrying out their own mini research project in our undergraduate teaching laboratory. In addition to this, students will be given the opportunity to compete in an agar art competition, listen in on research talks, and produce their own research poster. This opportunity is available to Y12/Y13 students from schools and colleges within Kent studying science. Considering there are limited places available, applicants who meet the university's widening participation criteria will be prioritised. [Click here](#)

https://data.heat.ac.uk/event/apply/university-of-kent/bioscience-work-experience-week-2026?utm_medium=email&utm_term=N%2FA&utm_source=email&utm_content=Schools%20%26%20Colleges%20-%202026%2F27%20-%20April%20Newsletter%20for%20All%20Schools%20%26%20Colleges%20Copy&utm_campaign=Schools%20%26%20Colleges%20-%20Newsletter%20-%20April%202026#msdynmkt_trackingcontext=fa075af0-e9d3-4cbd-a79e-6fe659510200

Parents / Guardians of Year 11 students

If your student would like a Careers 1-2-1 meeting with our in house Careers Adviser Mrs Williams before or after the finish Year 11 then please email ewilliams@rmet.org

Career Support for SEND students

For Students with Special Educational Needs and Disabilities (SEND) RMGS have a range of support and resources in place to help support and guide them on their career pathway. We help SEND young people with things like; making choices about the future, getting into further education, getting into training, getting into work, finding out about appropriate support and funding for education/training and signposting and referrals to other agencies, where appropriate. To find out more including information on Supported Internships for students with an EHCP please click here :

<https://www.rainhammark.com/page/?title=Career+Support+for+young+people+with+SEND&pid=427>

Careers Facebook Group

Keep in the loop with all the latest Career Opportunities via our Private Careers Facebook Group "RMGS Careers"

<https://www.facebook.com/groups/25615966937989346/>

Intrigued by a Job but want to find out more about it for your child?

Use this to explore a wide range of job profiles for your child. Each job is presented as a short video so you can explore a little about each job. The videos give you a quick insight and overview but we encourage you to find out more! Speak to Mrs Williams for support on where to find more information.

<https://www.mypathcareersuk.com/a-z-of-jobs>

Career Support is available for ALL students in ALL years

- ALL students can book a Career 1-2-1 meeting by emailing ewilliams@rmet.org
- Resources can be found on our website for parents/carers & students : <https://www.rainhammark.com/page/?title=Careers&pid=223>
- What can my child do post 16? <https://www.rainhammark.com/page/?title=Post+16+Choices&pid=386>
- What can my child do Post 18? <https://www.rainhammark.com/page/?title=Post+18+Career+choices+%2D+what+to+do%3F&pid=375>
- Why is it so important for me to know about Labour Market Information? Understanding Labour Market Information (LMI) helps our students be aware of where different job roles are needed in different regions and which types of jobs may need more people in the future. This can help shape or influence career pathways and choices : <https://www.rainhammark.com/page/?title=Labour+Market+Information&pid=370>
- The Career Teams page enables all students to keep up to date with news and opportunities



CAREERS CORNER



Career provision at Rainham Mark Grammar School

All students:

- Start to have access to Unifrog from Year 7 - 13.
- Embedded Careers Programme across all Years
- Access to Career 1-2-1 meetings with our Careers Adviser
- Access to Career Resources and updates via Website, After School Career Surgeries, Careers office, Careers Teams page, Lessons, Form Time and Assemblies
- Opportunity to become a Career Champion for their year
- Have one subject and one PSHE lesson per term which is Career specific.
- Opportunity to input into Career provision via annual audit
- Career Fair in January run until 4pm for all students
- Work Experience in Year 10 and 12
- Enrichment week in July with focus on careers
- School Wide designated Career Week in November
- Access to a programme of Talks after-school delivered by Businesses and Organisations on their Career Pathways and Industries.
- At least one Assembly from an Apprenticeship provider
- All SEND students offered priority careers 1-2-1 meetings with Mrs Williams

www.rainhammark.com



Post 16 Career Choices - know your Levels

Level 3:

A Levels * BTEC Diploma * NVQ Level 3 * Advanced Apprenticeship

Level 4:

Year 1 University or * Certificate in Higher Education * Higher National Certificate * NVQ Level 4 * Higher Apprenticeship

Level 5:

Year 2 University or * Diploma in Higher Education * Foundation Degree * NVQ Level 5 * Higher Apprenticeship

Level 6:

Year 3 University or * Degree Apprenticeship * Degree with or without Honours * NVQ Level 6

Level 7:

Masters Level * Masters Degree * NVQ Level 6 * Degree Apprenticeship

www.rainhammark.com

Latest Career Opportunities

There have been some wonderful career opportunities this week – so please go and check these out by visiting our website :

<https://www.rainhammark.com/page/?title=Latest+Career+Opportunities&pid=369&action=saved>

Career Programme

Find out what Career Events we are planning this year via our Live Careers Calendar :

<https://www.rainhammark.com/page/?title=Our+Careers+Provision+KS3%2C+KS4+%26amp%3B+KS5&pid=371>

Apprenticeships – information you need to know

If your child is interested or looking to apply for a Apprenticeship after their GCSE's or A Levels then this is for them. To help them we have put together a range of useful resources that they can use – including search platforms; CV help; Tracking template.

<https://www.rainhammark.com/page/?title=Post+18+Career+choices+%2D+what+to+do%3F&pid=375&action=saved>



CAN YOU HELP?

Can you - or anyone you know - support our Careers Programme please?

We are passionate about providing a robust and fulfilling career programme to ALL students. Whether it's a Talk, Career Fair, Work Experience or workshop...if you can help support in any way we'd love to hear from you. Whether you are a sole trader, small business, large business or retired... your experiences might help shape our youngsters.

Please contact me for a chat or more information :

ewilliams@rmet.org

Linking subjects to careers : How does my child's subject link to a career?

It's important for students to recognise the link between the subject they are studying and potential career pathways. Each week we will feature a specific subject and show how this links to a career pathway. In addition this tool can be useful for students who aren't sure what the subjects they study at school or college have to do with work and their career OR those that really enjoy a subject but wonder if there will be any future use for it in the workplace? <https://yourskillsmap.com/>



RMGS News



**Lunchtime – Fridays -
Fitness– All – Fitness
Suite**

**Lunchtime– Fridays –
All –
Debate Club**

Before School Clubs

8.35 - 8.55		
Tuesday - 8.35- 8.55am		Year 7 Band Programme
Tuesday - 8.35- 8.55am		Year 9 German Dual Linguists
Thursday – 8.35 - 8.55am		Year 9 French Dual Linguists
Thursday – 8.35 - 8.55 am		Year 9, 10 & 11 Spanish Dual Linguists
Friday - 8.35 - 8.55am		String Group – Selected Students
Friday – 7.30am		Basketball Squad



RMGS News

Monday	Tuesday	Wednesday
Lunchtime Clubs		
Computing Club All - D1		
Maths Clinic All - HY		
Bio Clinic 6 th Form - Q1	Art Club KS4 & KS5 - R2	Business/Economics Support KS5 - J1
Christian Union All - A3	Creative iMedia Club Yr10 & Yr11 – D1	Chemistry Clinic Yr12 & Yr13 – M6
Crochet & Knitting All - L2	Engineering Society N5	Chess/Puzzle Club All – HZ
DT NEA Clinic All - N5	F1 in Schools Team Members – N5	Choir All – Recital Hall
Law Society L1	Geography Clinic All – D6	The Mark All – L6
Music Tech Club All - E2	Horribly Horrible History Club KS3 – F6	DT NEA Clinic Yr10-Yr13 – N5
String Group All - Recital Hall	LAMDA Yr7 & Yr8 – R3	Eco Club All – D2
Trombone Choir All - E1	MedSoc 6 th Form – Q1	LAMDA Yr7 & Yr8 – R3
KS4 Book Club Yr10 & Yr11 - R4	Philosophy Club Yr7 & Yr8 – H5	Scrabble Club All – L3
LAMDA Yr9 & Yr10 - R3	French Club – KS5	Music Support Session All – E2
	Wind Band All – Recital Hall	Psychology Support Week 2 Yr13 – G2
	Tech Tuesday – Young Technicians All -	RMGS Girls Right Society All – R2
Afterschool Clubs		
National Theatre Connections KS4&5 – A3 - 3.15-4.15pm	LAMDA Yr 7&8 - R3	Arts Award Club All – A2 - 3.15-4.15pm
Jam Club All – Music Block - 3.10-4.10pm		GCSE Art Intervention Yr10&11 - 3.15-4.15pm
LAMDA Yr9&10 – R3		GCSE Astronomy Yr9,10&11 – M7 - 3.15-4.15pm
Italian Club All – 3.15-3.45pm		GCSE English Intervention
Science KS3 – 3.05		LAMDA Yr7&8 – R3
		Shakespeare Schools Festival KS3 – A3
		Tabletop Gaming Club All – R3 - 3.05-4.05pm



RMGS News

Thursday	Friday
Lunchtime Clubs	
Computing Club All - D1	
Maths Clinic All - HY	
Book Club KS3 – R4	Bohemian Society All – E1
Brass Group All – Recital Hall	Carnival Club All – R2
Computer Science KS4 & KS5 – D5	Debate Club All – L2
Origami Club All – N1	Diversity Team All – C4
Quantum Physics Yr7-11 – M9	DT NEA Clinic Yr10-Y13 – N5
Ukulele Club All – E1	German 6 th Form – B2
	Symposium Club All – R2
Afterschool Clubs	
Big Band All – Recital Hall - 3.10-4.10pm	
Sociology Club Yr13 Week2 – G2 - 3.10-4.10pm	



Every day after school 3.05pm - 4pm



RMGS News

RMGS PHYSICAL EDUCATION EXTRA-CURRICULAR

TIMETABLE

TERM 5&6



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE SCHOOL 7:30 – 8:15		Netball Club Y7 <i>(invite only)</i> JSH		SQUAD CRICKET NETS Y7/8/9/10 <i>(invite only)</i> CON	BASKETBALL CLUB Y7 / 8 / 9 SQUADS <i>(invite only)</i> GRA
BREAK 10:55 – 11:15	BASKETBALL CLUB Y7 / 8 <i>(sports hall)</i> GRA	BASKETBALL CLUB Y7 / 8 <i>(sports hall)</i> JSH	BASKETBALL CLUB Y7 / 8 <i>(sports hall)</i> ALO	BASKETBALL CLUB Y9 / 10 / 11 / 6 TH <i>(sports hall)</i> CON	BASKETBALL CLUB Y9 / 10 / 11 / 6 TH <i>(sports hall)</i> MAL
LUNCH 1:30 – 2:00	BASKETBALL CLUB ALL YEARS <i>(sports hall)</i> GRA FITNESS CLUB ALL YEARS <i>(Fitness Suite)</i> JWI	VOLLEYBALL CLUB ALL YEARS <i>(sports hall)</i> MAL	CRICKET CLUB Y7/8/9 <i>(sports hall)</i> CON FITNESS CLUB ALL YEARS <i>(Fitness Suite)</i> JSH	BASKETBALL CLUB ALL YEARS <i>(sports hall)</i> GRA	BADMINTON CLUB Y7-10 <i>(sports hall)</i> JWI FITNESS CLUB ALL YEARS <i>(Fitness Suite)</i> ALO
AFTER SCHOOL 3:05 – 4:30	GOLF CLUB Y7 & Y8 GRA CRICKET CLUB Y7/8/9/10 <i>(sports hall & Field)</i> CON/JSH	ATHLETICS CLUB ALL YEARS GRA/JWI/ALO DUKE OF EDINBURGH FITNESS CLUB <i>(Fitness Suite)</i> MAL	ATHLETICS CLUB ALL YEARS JSH/GRA/JWI/ALO	ROUNDERS CLUB ALL YEARS JWI/MAL	STAFF FOOTBALL <i>(sports hall)</i>

If you are attending a lunch club, you can receive a fast-track lunch pass from the PE department. Please bring your planner to the PE office at break to be signed.

Any questions please ask a member of the PE Department.





RMGS News

Term Dates - September 2025 to July 2026

Term 1

Monday 1st September 2025 - Friday 17th October 2025

INSET days: Mon 01/09/25

**Half Term Break : Monday 20th October 2025 – Friday 31st
October 2025**

Term 2

Monday 3rd November 2025 – Friday 19th December 2025

Early finish for students : Friday 19th December

**Christmas Break : Monday 22nd December 2025 – Friday 2nd
January 2026**

Term 3

Tuesday 6th January 2026 – Friday 13th February 2026

INSET days: Mon 05/01/26

**Half Term Break Monday 16th February 2026 – Friday 20th
February 2026**

Term 4

Monday 23rd February 2026 – Thursday 2nd April 2026

Easter Break Friday 3rd April 2026 – Friday 17th April 2026

Term 5

Monday 20th April 2026 – Friday 22nd May 2026

(Bank Holiday Monday 4th May 2026)

INSET days: Mon 20/4/26

**Half Term Break Monday 25th May 2026 – Friday 29th May
2026**

Term 6

Monday 1st June 2026 – Friday 24th July 2026

Early finish for students : Wednesday 22nd July

INSET days: Thurs 23/07/26 & Fri 24/07/26