



# RAMSEY GRAMMAR SCHOOL

## NEWSLETTER

### Headteacher's Message:

As we reach the end of our first term, I want to take this opportunity to reflect on what has been a very busy and productive few months.



It has been a pleasure to see our students settle into their new routines, make new friendships and embrace the opportunities that have come their way. The hard work and dedication from our students has been truly inspiring



The festive season is a time for reflection, gratitude and celebration.

I encourage you to take a moment to enjoy time with your families and friends, and look forward to the exciting opportunities the New Year will bring.



On behalf of all the staff at Ramsey Grammar School, I wish you a very Merry Christmas and a Happy New Year!



Mrs S Taylor  
Headteacher



# MATHS NEWS

Ramsey Grammar School was proud to host this year's Isle of Man Mathematics Symposium, welcoming 160+ Y12 mathematicians from across the island's six secondary schools for a day of challenge, inspiration and mathematical discovery.

The event opened with a keynote talk from former RGS student Dr Dorian Praia Do Amaral, who shared his journey from our classrooms here in Ramsey to international research in theoretical physics. His reflections on curiosity, discipline and intellectual ambition set a powerful tone for the day and gave our students a meaningful example of where mathematical commitment can lead.

In the afternoon, mixed teams from all six schools took part in the inter-school problem-solving competition. The level of challenge was extremely high, with teams working under time pressure on rich, multi-step puzzles requiring reasoning, creativity and collaboration. We are delighted to share that a team from **RGS** achieved a perfect score and **were crowned the winners** of the 2025 Symposium, taking home the Maths Symposium Shield.



Reflecting on the success of the day, RGS Head of Maths Mr L Dewick, had this to say:

“It is a privilege to see so many of the island’s aspiring mathematicians, engineers and scientists solving complex, real-world problems together in a single space. Coupled with an inspirational keynote address from one of our former students, the day captured exactly what a thriving mathematical community looks like – we are incredibly proud of all Y12 students competing, including the eventual champions from RGS.”



# PE NEWS

This term has been full of energy, teamwork, and achievement in PE! We are proud to share some of the fantastic accomplishments of our students in football and hockey.

Our school teams represented us brilliantly in local fixtures, showing skill, determination, and great sportsmanship.

We congratulate all our pupils for their hard work and dedication this term. Their accomplishments reflect not only sporting ability but also the values of teamwork, resilience, and pride in representing Ramsey Grammar School.



Y7 Girls Football  
Champions



Y9 Girls Football Champions



Y10 Hockey Finalists



# PE NEWS

A huge well done also to our Y10 Ruby team for their fantastic performances this term - their determination, teamwork and commitment on the pitch have been outstanding and they have represented RGS with pride. We are incredibly proud of the way they have supported one another, shown resilience and played with true sporting spirit.

## Y7 and Y8 Christmas Handball Tournament

All of our students played really well and were very enthusiastic! The Year 8 boys won overall and the girls (who had never played together before) came 4th.

Special thanks and shout out to Mr Rousseau for running a weekly training session for the students, and to Mr Shimmin and Mr Eyres for taking the students up to Bemahague



Ramsey Grammar School were privileged to host the **Isle of Man Inter-School Cross Country Championship** on 11<sup>th</sup> December this year.



The Crossags Lane course takes runners onto challenging terrain including a significant climb through fields and woodland with a shallow stream crossing. It is a popular course for junior athletes, as well as experienced runners.

Well done to the students from all the schools who competed!

# MUSIC NEWS

Some of our very talented RGS music students were given the amazing opportunity to perform with their band at the Royal Albert Hall!



Daniel Cross, Resa Brown and Ina Kilgallon played at the Music For Youth Proms in November 2025



The majority of this term has been getting ready for our annual RGS Carol Service and end of term Christmas Extravaganza!



The school choir, musicians and our fabulous SPC students were incredible at the Carol Service, taking part in two performances - one the afternoon for our Year 7 students, and one in the evening for the community Service.

Our school bands The Enthusiasts and Junior Enthusiasts provided entertainment for all year groups on the final day of term, getting everyone in the festive spirit! A fantastic afternoon to end a great term.



# YEAR 7 NEWS

**Creative writing session at RGS used Manx myths and legends to inspire them to tell stories**



Kyle Withington visited our Year 7 students at Ramsey Grammar School to teach them about creative writing. The focus was on Manx myths and legends, and how they help shape our identity.

# YEAR 8 NEWS

Well done to Ms MacLaine and 8V who designed and made shoeboxes to give to the elderly and infirm this Christmas. Hospice came in to pick up the boxes and thank the students



# YEAR 7 SLEEP CHALLENGE

All Year 7 students have taken part in a snapshot survey. We have been looking at our wellbeing, and one area has been sleep.

Students have been amazed that their age group should be having around 8-10 hours of sleep every evening in order for their brain and body to rest and grow.

The students have been very honest and, on average, 7 students in each class (there are roughly 26 in each class) get their 8-10 hours sleep for 3 nights or more per week. This equates to only 25% of the year group getting enough sleep.

Main reasons - still on electronics late into the evening. They struggle to get to sleep. Some wake up in the middle of the night and cannot get back to sleep.

The students were very keen to know how to get to sleep, so we looked at:

- 1 - No electronic devices at least 1 hour before they go to bed. This stops the blue light from devices which can disrupt their melatonin production.
- 2 - No phones in bedrooms - helps a more restful sleep, not waiting for alerts on apps.
- 3 - Breathing techniques- steady breathing and concentrating on breathing will allow the brain and body to start relaxing.
- 4 - Bedtime routine - keep the bedroom clear from clutter, cool, and a place their body and brain wants to relax.

We want Yr 7 to attempt the sleep challenge. It can take up to 30 days to change a habit, so it will not happen overnight. Discuss sleep with your child and possibly try one of the 4 points.

We want Yr 7 to think about their sleep health and see if they can change one habit to get better quality sleep. We will re-do the snapshot survey just before February half term and see if more students are sleeping better.

This e-book is a great resource to help.

<https://teensleephub.org.uk/>



Social Media  
Detox

Get More  
Sleep



Listen To  
Music

## RGS GOODBYES

We would like to extend our heartfelt congratulations to the below staff on their retirement:

Mrs Butler-Smith (Design & Technology)  
Mr Ravey (Rural Science)

We also say goodbye to Mr Whittle from our Site Team

As they begin this new chapter, we thank them for the invaluable contributions they have made to our school.

We wish them happiness, health, and many joyful adventures in the years ahead.

We look forward to welcoming our students back at school at 8.45am on Monday 5<sup>th</sup> January 2026!

