



Ski trip

During the February half term 42 pupils set out to try to conquer the Austrian Alps during the annual GHS ski trip. We had a trouble free journey and arrived in Austria on Saturday to beautiful views and quickly collected our equipment and hit the slopes! The weather was cold and windy however conditions throughout the week improved as did everyone's skiing – with several pupils progressing well enough to advance to more experienced groups! The advanced and intermediate groups developed more complex skills and had the opportunity to explore the fun parks including jumps, rollers and tunnels. If skiing during the day wasn't enough, the pupils also enjoyed a busy schedule of evening entertainment including trying their hand at curling on the main ice rink in Zell am See. The pupils were a credit to the school throughout the trip and our PGL rep as well as the instructors were full of praise for their resilience and determination but also their manners and positivity. High praise indeed.

Thanks to all the staff who helped make the trip such a success.



Juniper Hall Field Trip



Forty five A-Level Biologists attended the Year 12 residential trip to Juniper Hall with the Field Studies Council to explore a range of ecological experimental techniques from February 9th to 11th. They developed new skills during the trip such as identifying plants, data collection and using ArcGIS software to represent different data and improve their understand of the impact of a variety of factors on biodiversity. Students sampled plants in coppiced woodland and learnt how to set humane mammal traps to sample small mammals as well as honing their statistical and data analysis techniques.

The students worked incredibly hard all weekend and fully utilised the opportunity to work with professional ecologists but certainly a highlight of the trip for the students was successfully trapping some 'cute' wood mice.

A huge thank you to the staff who chaperoned the trip, the Field Studies Council who provided such excellent tuition and to the year 12 Biology students for their hard work over the weekend.



Theme of the Week

The world belongs to those that read

Looking Ahead

Year 8 Destinations Day
Wednesday 28th February

Year 9 Crime & Punishment Immersion Day
Friday 1st March

Year 8 Choice's Evening
Wednesday 6th March

World Book Day
Thursday 7th March



Washington trip

As a student passionate about politics and law, there is perhaps no better destination for a school trip than Washington D.C. The capital of the United States isn't just a city; it's a living testament to the nation's journey, its triumphs, and its struggles. Join me as I recount my unforgettable journey through the heart of America, visiting its most iconic landmarks.

Standing proudly atop Capitol Hill, the United States Capitol is the beating heart of American democracy. As I approached its majestic dome, I couldn't help but feel a surge of patriotism. Stepping inside, I was greeted by the echoes of history that reverberated through its halls. From the Rotunda adorned with magnificent frescoes to the chambers where laws are debated and enacted, every corner of the Capitol spoke volumes about the resilience and spirit of the American people.

Stretching majestically from the Capitol to the Lincoln Memorial, the National Mall is an open-air museum celebrating the nation's most cherished ideals and heroes. Walking along its tree-lined pathways, I marvelled at the towering monuments that paid homage to luminaries like George Washington, Thomas Jefferson, and Abraham Lincoln. The Washington Monument, with its towering presence, seemed to symbolize the nation's unyielding pursuit of liberty and equality.

No trip to Washington D.C. would be complete without delving into the treasure trove of knowledge housed within the Smithsonian museums. From the National Museum of African American History, where artifacts chronicle the nation's past, to the National Air and Space Museum, where dreams take flight, each institution offered a captivating journey through American culture and innovation. As I wandered through the exhibits, I couldn't help but marvel at the ingenuity and diversity that define the American experience.

Approaching the White House, I was struck by its iconic neoclassical façade and the aura of power that surrounded it. Though I could only admire it from outside its gates, the mere sight of the presidential residence filled me with a sense of awe and reverence. It was a poignant reminder of the weight of leadership and the enduring legacy of those who have shaped the course of history within its walls.



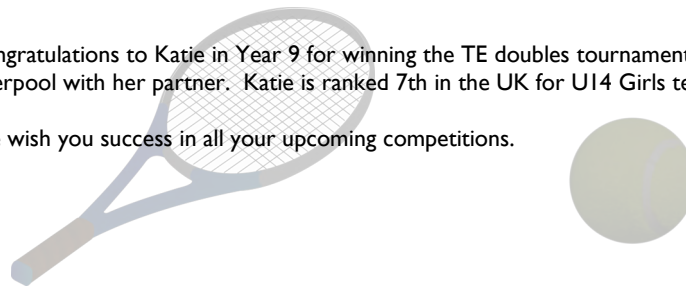
Written by Sorooban Kumanan—Head Student



Tennis Success

Congratulations to Katie in Year 9 for winning the TE doubles tournament in Liverpool with her partner. Katie is ranked 7th in the UK for U14 Girls tennis.

We wish you success in all your upcoming competitions.



Year Group	Sport	Opponent	Result
U12 Girls	Football	Oaks Park	Lost 3 - 1
Year 7 Girls	Netball	Overton	Lost 5 - 2
Year 9 Girls	Netball	Overton	Won 10 - 2



GCSE Textiles visit V&A Museum

On Monday, Year 10 Textiles pupils visited the V&A Museum in South Kensington to carry out primary research for the pupils' GCSE coursework, which will be based on the theme 'Structures'. In the morning we visited the Fashion Collection, Architecture Collection, Glass and Furniture. In the afternoon we visited the Cast Courts and looked at the outside of the museum and surrounding architecture. The pupils will be using this research as inspiration for their future designs.



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Gamelan Musical Workshop



Year 7 pupils in Cohort Y experienced an excellent Gamelan musical workshop at the end of last half term through which they learned about the Indonesian instruments and related history and culture. In addition, students learned how to play the different Indonesian instruments. We hope that the students in Cohort Y enjoyed the workshop and took away a variety of new musical skills!

Gibson Garage in London



On Monday the 19th a selection of students from ArtsOneRocks! had the opportunity to visit Gibson Garage in London before it opened to the public and got to see a performance and Q&A from guitarist Toby Lee.

It was a fantastic event and the students absolutely loved it, some claiming it was the 'best trip ever.' The students took full advantage of the experience and started playing the guitars on show, some dutifully fulfilling the stereotype and going straight to the Flying V!

In addition, the students asked Toby Lee thoughtful questions during a question and answer session at the end of the evening. Toby Lee even gave Kris the pick he played the show with!

Thank you to Sutton Music Hub for the opportunity and to Gibson for the invitation.





Exam Stress Webinar

We are aware that the upcoming GCSE and A level exams can be a stressful time. To give you some strategies to manage challenges that may arise during this time at home, The Education Wellbeing Service is offering a Live webinar for parents and carers of young people in years 11 and 13 titled 'Supporting your child with exam stress'. The webinar will be presented on Monday 26th February 12.30-1.30pm and again on Tuesday 27th February 7.30-8.30pm.

You can sign up for one of the sessions by using this link: [Secondary/ College Parents -Workshops | Eventbrite](#)

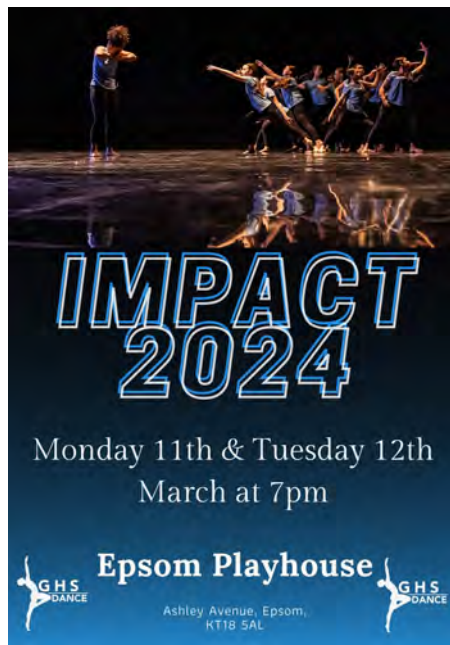
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Willow Menu for w/c 26th February

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	INDIAN	INDIAN		INDIAN	
Meat	Bacon & Mushroom Carbonara (G)	Slow Cooked Bombay Chicken (MU)	Pork Sausage (G,SU)	Beef Bolognese	Oven Baked Battered Fish (G,F)
Vegetarian	Sugo al Pomodoro (g) Ve	Jalfrezi Paneer (MK,SU,g) V	Cauliflower Cheese (G,MK) V	Vegetarian Lasagne (G,SQ,MK,e) V	Vegetable Quarter Pounder (G,se) Ve
Add #1	Fusilli (G) Ve	Pilau Rice (g) Ve	Potato Wedges Ve	Penne (G) Ve	Chips Ve
Add #2	Spaghetti (G) Ve	Bombay Potatoes (g) Ve	Yorkshire Pudding (G,E,MK) V	Spaghetti (G) Ve	Baguette (G,se,so) Ve
Sides 1	Bruschetta Salsa Ve	Raita (MK,SO) V	Tomato Ketchup Ve	Pesto (MK) V	Baked Beans Ve
Sides 2	Garlic Bread (G,so,mk) V	Mango Chutney Ve	Baked Beans Ve	Garlic Bread (G,so,mk) V	Tomato Ketchup Ve
Vegetables	Vegetable of the Day	Vegetable of the Day	Vegetable of the Day	Vegetable of the Day	Vegetable of the Day
WEEK 2	ASIAN	INDIAN	INDIAN	ASIAN	MEXICAN
Meat	Chilli Con Carne (g)	Meatball Marinara (G)	Aloo Beef Keema (g)	Korean Chicken Bulgogi (G,SQ,SU,c,mu)	Chicken Fajita
Vegetarian	Vegan Chilli Sin Carne (g) Ve	Mac & Cheese (G,MK) V	Gobi Dhal (g) Ve	Sweet & Sour Vegetables (G,C) Ve	Vegetarian Fajita (G,SQ) Ve
Add #1	Patatas Bravas Ve	Fusilli (G) Ve	Jeera Rice (g) Ve	Boiled Rice Ve	Arroz Verde Ve
Add #2	Arroz Verde Ve	Patate al forno Ve	Bombay Potatoes (g) Ve	Rice Noodles Ve	Chargrilled Tortilla Wrap (G) Ve
Sides 1	Ranchero Sauce Ve	Garlic Bread (G,so,mk) V	Garlic & Coriander Naan Bread (G,MK) V	Sweet Chilli Sauce Ve	Sour Cream & Chives (MK,E,MU) V
Sides 2	Tortilla Nacho Chips (G) Ve	Grated Cheese (MK) V	Mango Chutney Ve	Hoisin Sauce (G,SO,SE) Ve	Tortilla Nacho Chips (G) Ve
	Seasonal Greens Ve	Vegetable of the Day	Vegetable of the Day	Vegetable of the Day	Vegetable of the Day

GHS Update
Achievement for All

Future Events



IMPACT 2024

Monday 11th & Tuesday 12th
March at 7pm

Epsom Playhouse

Ashley Avenue, Epsom,
KT18 5AL

GHS DANCE

Train to Teach Webinars



Thursday 8th February 2024, 5pm - 6pm
How to apply for teacher training with Sutton SCITT

Thursday 7th March 2024, 5pm - 6pm
Find out more about training with Sutton SCITT

Thursday 18th April 2024, 5pm - 6pm
How to apply for teacher training with Sutton SCITT

Thursday 16th May 2024, 5pm - 6pm
Its not too late to apply for teacher training with Sutton SCITT

Thursday 13th June 2024, 5pm - 6pm
Last minute applications to Sutton SCITT - what to do next ...

Thursday 11th July 2024, 5pm - 6pm
Teacher training with Sutton SCITT



SUTTON PRIMARY CARE NETWORKS

In 2023, there were 1603 suspected cases of Measles in England and Wales compared to only 735 in 2022 and 360 in 2021.
(UK Health Security Agency)

Measles cases are going up



Get your child vaccinated at our Catch Up Clinic

On behalf of Sutton GP Practices, we are running MMR Vaccination Catch Up Clinics from February-March 2024 for patients who may not be up to date with their vaccinations.

If your child has not previously had an MMR vaccination and:

- Is aged between 1 and 25 years old and
- Is registered at a practice within the borough of Sutton

You can make an appointment at one of our clinics.

How to Book

To make an appointment for your child to receive the MMR vaccination, or if you have any concerns or questions about the MMR vaccination and want to speak to one of our nurses, please call us on:

0333 332 6570

Phone lines are open:
Monday-Friday 09:00am-06:30pm



What is Measles?

Measles is a very infectious illness spread by coughs and sneezes. If your child is not protected and has even passing contact with someone who has measles, the chances are that they will be infected too.

There is currently no cure for Measles and complications can include:

- Chest infections,
- Ear infections,
- Diarrhoea,
- Encephalitis (infection of the brain).

Children who develop complications may require admission to hospital for treatment.

About the MMR Vaccination

The combined MMR vaccine has been safely protecting children for many years in many countries worldwide. **In the UK, millions of doses have been given since it was introduced in 1988.**

Before vaccines can be used, they have to be thoroughly tested for safety. Although there may be some side effects from vaccination, these are usually mild and much less severe than the disease itself. Serious reactions following vaccination are rare.

More information

If you have any questions you can call us on 0333 332 6570 or you can visit the weblinks listed here.



More information about the MMR Clinic



Leaflets in other languages

For more information about MMR, scan the QR code or go to:
www.suttonpcns.co.uk/our-services/MMR-Catch-Up-Clinic

For leaflets on MMR in different languages, scan the QR code or go to:
www.gov.uk/government/publications/mmr-for-all-general-leaflet



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