

# GHS Update

*Achievement for All*

W/C 17.11.2025

November 2025

Issue No. 148



## Year 7 Explore the Sounds of Gamelan Music



Our Year 7 students recently took part in an exciting Gamelan music workshop delivered by Inspire Works Learning. During the session, pupils discovered the origins of Gamelan, a traditional ensemble from Indonesia, and learned about its distinctive rhythmic patterns that make it so unique.

The highlight of the workshop was the hands-on experience: students had the chance to play authentic instruments such as the Saron, Demung, and Kendang, immersing themselves in the rich cultural heritage of this fascinating musical tradition.

It was a fantastic opportunity for our students to broaden their musical horizons and appreciate the beauty of world music.



## Looking Ahead

### A Week

“Disability need not be an obstacle to success.” Stephen Hawking

### Year 7 & 8 Swimming Gala

Monday 17th November

### Year 13 Parents' Evening

Wednesday 19th November

### Train to Teach Webinar

Thursday 20th November

### KS3 Glenthorne Celebrates

Wednesday 26th November

### Pupil's Christmas Lunch

### Pupil's Christmas Jumper Day

Thursday 11th December



## 6th Form Charity Sleepout



Friday 14th November, our Sixth Form students, along with Mr Boniface (Head of Rollason House) and Ms Homewood (Head of Seacole House), will be taking part in a charity sleepout to raise funds for Shooting Star Children's Hospices. This incredible charity provides vital support to families who have experienced the devastating loss of a child. Their work is especially close to our hearts at Glenthorne, as they have supported both pupils and staff in our community during times of bereavement.

The sleepout will take place in our sports hall, and we invite you to support this meaningful cause by donating via the GoFundMe page:



[Glenthorne Sponsored Sleepout – GoFundMe \[gofundme.com\]](https://gofundme.com)



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## Attendance Matters – Supporting Families to Make decisions

We know that deciding whether your child is well enough for school can be difficult. At Glenthorne, we want to reassure parents that we have a designated medical room and trained first aiders on site. If your child becomes too unwell during the day, we will contact you immediately so they can return home and recover.

### Why Good Attendance Is So Important

Every school day counts. Regular attendance helps pupils:

- Keep up with learning and avoid gaps in knowledge.
- Build friendships and confidence.
- Achieve better outcomes – even a few missed days can make a big difference.

Poor attendance can lead to falling behind academically and socially, and research shows it can affect future opportunities.

#### When Is My Child Too Ill for School?

*Deciding whether to keep your child at home can be tricky.*

*The NHS provides clear guidance:*

##### High temperature

If your child has a high temperature, keep them off school until it goes away.

Feeling anxious or worried- It's normal for children to feel a little anxious sometimes. They may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can make a child's anxiety about going to school worse. It's good to talk about any worries they may have such as bullying, friendship problems, school work or sensory problems. You can also work with the school to find ways to help them. If your child is still struggling and it's affecting their everyday life, it might be good to talk to your GP or school nurse.

**Coughs and colds** It's fine to send your child to school with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature. But if they have a high temperature, keep them off school until the temperature has gone. Encourage your child to throw away any used tissues and to wash their hands regularly.

**Chickenpox** If your child has chickenpox, keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.

**Cold sores** There's no need to keep your child off school if they have a cold sore. Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

**Conjunctivitis** You don't need to keep your child away from school if they have conjunctivitis, unless they are feeling very unwell. Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

**COVID-19** If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school. Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

**Ear infection** If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

**Hand, foot and mouth disease** If your child has hand, foot and mouth disease but seems well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

**Head lice and nits** There's no need to keep your child off school if they have head lice.

**Impetigo** If your child has impetigo, they'll need treatment from a pharmacist or GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

**Measles** If your child has measles, they'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears.



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**Ringworm** If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.

**Scarlet fever** If your child has scarlet fever, they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.

**Slapped cheek syndrome (fifth disease)** You don't need to keep your child off school if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious. But let the school or teacher know if you think your child has slapped cheek syndrome.

**Sore throat** You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away. A sore throat and a high temperature can be symptoms of tonsillitis

**Threadworms** You don't need to keep your child off school if they have threadworms. Speak to your pharmacist, who can recommend a treatment.

**Vomiting and diarrhoea** Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

**SCHOLASTIC**

**IN THE LIBRARY!**

**EVERY BREAK AND LUNCH FROM 24-28 NOVEMBER!**

**BOOK FAIR! THIS WAY!**

Hundreds of the best books to choose from!

**Train to Teach**

**Webinar**

Thursday 20th November 2025  
5-6 pm

Find out about our training programme, and how to apply for September 2026

To book a free place email [RFA@glenthorne.sutton.sch.uk](mailto:RFA@glenthorne.sutton.sch.uk) or click the link in the bio



# GHS Update

WELLBEING

November 2025

Issue No. 148



## Attendance Fact of the week

Regular attendance builds routine, which supports emotional stability.



## Mental Health & Emotional Wellbeing Tip

Take mental breaks – Constant work leads to burnout.

- Schedule a 10-minute break during homework sessions.

### Education Wellbeing Service Webinar

## Healthy Habits in Teenagers with Autism

A 1.5 hour long webinar dedicated to look into how healthy habits can be implemented at home to improve the wellbeing of teens with autism.

**DATE / TIME**

Monday 3rd November  
6.00-7.30pm

Scan the QR code or [click here](#)

**LOCATION**

Online - Hosted on Teams

Sign up to either event for free on Eventbrite by scanning the QR Code. You can also check out our other events by [clicking here](#)

welbeinginschoolsevents@swstg.nhs.uk

**DATE / TIME**

Wednesday 4th February  
12.30-2.00pm

Scan the QR code or [click here](#)

### Education Wellbeing Service Webinar

## Understanding and Supporting Teen Sleep

This webinar will look at some of the research and science around sleep hygiene, teenage sleep and thinking together about the challenges with some options for supporting from the perspective of parents or carers.

**DATE / TIME**

Tuesday 11th November  
1.00-2.00pm

Scan the QR code or [click here](#)

**LOCATION**

Online - Hosted on Teams

Sign up to either event for free on Eventbrite by scanning the QR Code. You can also check out our other events by [clicking here](#)

welbeinginschoolsevents@swstg.nhs.uk

**DATE / TIME**

Tuesday 11th November  
7.00-8.00pm

Scan the QR code or [click here](#)



# GHS Update

Cucina Menu

November 2025

Issue No. 148

**WEEK 1**

Week Commencing: 27/10/2025 17/11/2025 08/12/2025 19/01/2026 09/02/2026  
02/03/2026 23/03/2026 13/04/2026

## CLASSIC HOT & HEARTY

### CLASSIC MAIN MEALS

**MONDAY**

Beef Bolognese with Wholegrain Pasta & House Salad

**TUESDAY**

Kung Pao Chicken with Vegetable Rice

**WEDNESDAY**

Honey Glazed Roast Gammon or Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

**THURSDAY**

Chicken Tikka Masala, Served with Braised Rice & Kachumber Salad

**FRIDAY**

Chip Shop 'Fryday' Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

### VEGETARIAN MAIN MEALS

**MONDAY**

Plant Based Bolognese with Wholegrain Pasta and House Salad (V)

**TUESDAY**

Kung Pao Cauliflower with Vegetable Rice (VE)

**WEDNESDAY**

Lentil Sage & Onion Wellington (V)

**THURSDAY**

Butter Cauliflower & Chickpea Curry, Served with Braised Rice & Kachumber Salad (V)

**FRIDAY**

Homemade Cheese & Onion Slice with Chips & Peas (V)

### DESSERTS

**MONDAY**

Spiced Pineapple Cake with Custard

**TUESDAY**

Chocolate & Nougat Brownie

**WEDNESDAY**

Syrup Sponge with Custard

**THURSDAY**

Dairy Apple Crumble with Custard

**FRIDAY**

Hot Chocolate Sticky Rice

Fruit and Jelly Pots Available Daily

**HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily**

**JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily**

Cucina



**MADE YOUR WAY!**

**CHOOSE IT!  
ADD IT!  
TOP IT!**

Switch up your flavours with our street food-inspired range, available **Tuesday to Thursday**. With weekly rotating choices, there's always something tasty.

**Choose a base, add protein, and top it your way!**

Visit the restaurant to check out what's on offer each week

## NATURALLY

**MONDAY**

Pakistani Tarka Dhal (VE)

**TUESDAY**

Vegan Singapore Noodles (VE)

**WEDNESDAY**

Onion Bhaji & Vegetable Rice Bowl (VE)

**THURSDAY**

The Big Plant Burger (VE)

**FRIDAY**

Garlic & Chilli Noodles (VE)

## TRATTORIA

**MONDAY**

Tomato & Basil Pasta

**TUESDAY**

Pasta in a Cheese Sauce

**WEDNESDAY**

Margherita or Pepperoni Pizza

**THURSDAY**

Creamy Pesto Pasta

**FRIDAY**

Margherita Pizza



# GHS Update

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Along with our Christmas Jumper Day, our Christmas dinner will be available to all pupils on **Thursday 11th December**. Please ensure that your child's ParentPay account has enough funds to cover the Christmas lunch if your child wishes to participate.

**FANTASTIC  
FESTIVE  
FOOD**

**CHRISTMAS DINNER**

**Main Course**

Halal Roast Turkey Breast, Sage & Onion Stuffing, Roast Potatoes, Seasonal Vegetables & Gravy  
**or**  
Sage, Onion & Cranberry Wellington, Roast Potatoes, Seasonal Vegetables & Gravy (VG)

**Dessert**

Traditional Christmas Pudding with Vanilla Sauce  
---  
Festive White Chocolate Confetti Cookie

**£2.85**  
(incl dessert)

**JOIN US ON: Thurs 11<sup>th</sup> DECEMBER**