



GHS Update

September 2026

Achievement for All

Issue No. 177

EXTRA-CURRICULAR FAIR

SHOWCASES EXCITING OPPORTUNITIES FOR ALL

We were delighted to see such a fantastic turnout at our Extra-Curricular Fair, which took place at lunchtime yesterday. The event gave pupils the opportunity to explore the extensive range of clubs, activities and enrichment opportunities available at Glenythorne High School, from sports and performing arts to academic societies and specialist interest groups.

The fair was extremely well attended, with pupils enthusiastically visiting stalls, speaking to staff and pupil leaders, and signing up for activities that match their interests and talents. It was wonderful to see so many pupils eager to get involved in school life beyond the classroom.

At Glenythorne, we strongly encourage all pupils to participate in our extra-curricular programme. Regular involvement in clubs and activities supports wellbeing, helps pupils develop new friendships, builds confidence and resilience, and enhances their overall school experience. We firmly believe that every pupil can benefit from getting involved in at least one extra-curricular activity during the school year.

Parents and carers are encouraged to take some time to look through the attached Extra-Curricular Brochure with their child and discuss the many opportunities available. We hope that families will use the brochure to help pupils identify activities that interest them and encourage them to make the most of the rich and varied programme on offer at Glenythorne.

We look forward to seeing even more pupils taking advantage of these opportunities throughout the year and enjoying the many social, personal and educational benefits that extra-curricular participation brings.



[Extra-Curricular & Enrichment
Booklet](#)

[CLICK HERE](#)



Looking Ahead

B Week

“The limits of my language
mean the limits of my world”
L. Wittgenstein

Pupils finish early (13:30)

Tuesday 22nd September

Macmillan Coffee Morning

Thursday 25th September

6th Form Open Evening

Wednesday 7th October



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YEAR 8

WELCOME EVENING

Thank you to all parents and carers who attended the Year 8 welcome evening. We hope you enjoyed the wonderful music performances and found the information useful and informative. We will share the PowerPoint next week along with the answers to the questions from the question boxes.

YEAR 12

INDUCTION EVENING

It was a pleasure to welcome our new Year 12 students and their parents/carers to the Sixth Form Induction Evening. The event provided an excellent opportunity for families to meet the Sixth Form Team, learn more about life in the Sixth Form, and gain a clear understanding of the expectations and opportunities available over the next two years.

During the evening, we shared key information about academic study, pastoral support, enrichment opportunities, attendance expectations, and successful transition into post-16 education. Students and parents also had the opportunity to ask questions and discuss any matters arising from the start of term.

We would like to thank all those who attended. The strong turnout reflected the commitment of our students and families to making the most of the opportunities available in Sixth Form. We look forward to working in partnership with parents and carers throughout the year to support our students in achieving their goals and aspirations.



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SIXTH FORM OPEN EVENING

**Wednesday 7th October
17:30 - 20:00**

Talks:

17:45 Tutor Groups G, L & N

18:30 Tutor Groups T, O & H

19:15 Tutor Groups R, S, C & E

Any external pupils are welcome to attend at any talk time



Recycling of old school uniform

Please may we request donation of any items of uniform that you no longer need that are still in good condition.

There is a container stored just in front of reception where all clean, second hand items can be deposited in a carrier bag.

We will be running a second hand uniform sale later this year.

Thank you for your continuing support.





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NYO Inspire

A free musical adventure for teenage musicians who are ready to go further.

- Accelerate as a musician with world-class coaching
- Play incredible music on a huge scale
- Meet other teenagers who love music as much as you

Who can apply?

13-18 year-old musicians, primarily from state school, playing orchestral instruments at Grade 6-8+, with no need for any official grades. Full eligibility is available on our website.



inspire@nyo.org.uk

Apply Now





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Attendance Fact of the week

Peer support networks are stronger when attendance is consistent



Mental health & Emotional Wellbeing Tip

Limit perfectionism – It causes stress and self-doubt
→ *Accept one mistake as part of learning each week*

Education Wellbeing Service

wellbeing@schoolsevents@swlsg.nhs.uk

South West London and St George's Mental Health NHS Trust

Parent/Carer Webinars

Secondary Schedule 26/27

To view further event details and descriptions, and to book on to any of the webinars, please scan the QR Code or follow the link to our Eventbrite collection. [Click here](#)

Mental Health during the teenage years

Understanding and supporting teen sleep

Supporting your teen to cope with exams (Years 11-13)

Screen time, social media and gaming - what parents need to know

Conflict, communication and compromise - the teen years

Healthy habits in teenagers with Autism

Managing exam and assignment stress (Years 7-10)

We also provide free 1:1 early help support programmes for young people to support with anxiety or low mood. [Speak to your school to find out more.](#)

Respectful Open Collaborative Compassionate Consistent

Education Wellbeing Service Webinar

South West London and St George's Mental Health NHS Trust

Mental Health During the Teenage Years

An introduction and Overview

A one-hour online webinar introducing and providing an overview of mental health and wellbeing in teenagers, with practical ideas for parents and carers.

The session will cover topics including:

- What is mental health and being a teenager in today's world
- Supporting wellbeing during the teenage years - what research tells us
- Introducing a way of thinking about teenage wellbeing - the 'three areas' model
- Responding to teenagers and communication tips
- Problem solving challenging situations and options for help

DATE / TIME

Monday 21st September 12:30-1:30pm

LOCATION

Online - Hosted on Teams

DATE / TIME

Wednesday 30th September 7:00-8:00pm

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

Scan the QR code or click here

wellbeing@schoolsevents@swlsg.nhs.uk

BIMA BRITISH ISLAMIC MEDICAL ASSOCIATION

SHOULD MY CHILD HAVE THE NASAL FLU SPRAY?

Influenza (or flu) is a common and highly infectious disease caused by different strains of the influenza virus.

Each year vaccines are updated so that they protect against the commonest strains of flu, saving thousands of lives.

A flu vaccine can reduce the risk of your child getting sick by 30-60%, and prevent children being admitted to hospital because of flu.

It will also reduce the chance of vulnerable people, such as grandparents or those with long term health conditions, getting flu from your child.

THERE ARE TWO TYPES OF VACCINES IN THE UK THAT PROTECT AGAINST FLU

1. NASAL SPRAY VACCINE

This will be offered to most school aged children, some pre-school children, and to children of any age with certain long-term health conditions. It is easy and quick to give.

The nasal spray vaccine contains porcine (pork) gelatine.

2. INJECTABLE VACCINES

All adults are offered this type of vaccine. Some children who cannot have the nasal spray because it is medically unsuitable will be offered this vaccine only.

The injectable vaccines do not contain porcine derived products.

Young children, pregnant women, older people, and anyone with low immunity or certain health conditions (such as diabetes, heart or lung problems) are at higher risk from getting very sick with flu.

Please do not delay a decision to vaccinate.

It is acknowledged by the NHS and public health that groups within British Muslim communities consider any porcine containing products to be forbidden, regardless of chemical transformation, whilst some allow it.

Children whose parents decline the nasal spray vaccine due to the porcine gelatine content can request the injectable vaccine as an alternative. This injection, which is also for adults and elderly, has no porcine gelatine.

Speak to a trusted religious scholar about having the nasal spray for your child if you have concerns about it's porcine gelatine content.

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BIMA BRITISH ISLAMIC MEDICAL ASSOCIATION

FLU VACCINATION GUIDANCE

Why is it beneficial to get vaccinated?

1. You will help protect yourself from the possible severe complications which can be caused by flu. A flu vaccine can reduce the risk of getting sick by around 30-60%, and prevent children being admitted to hospital because of flu. You may still get flu after a vaccine but it is likely to be milder and not last as long.
2. Being vaccinated means you can reduce the pressures on healthcare services by lowering GP and A&E attendances and by reducing hospital admissions.
3. Reduce the chance of flu outbreaks and protect the most vulnerable who are at high risk.

What does Islam say?

Islam promotes the idea that the rights upon us extend to the people around us. The Prophetic teachings encourage us to be kind and make us aware that we should consider the implications of our actions. If you are young and healthy, you may not be severely affected by the flu but you could pass it on to someone who is vulnerable.

When it comes to choosing whether or not to vaccinate, it is important that we are empowered by the authentic values our faith gifts us to make an informed and considerate choice.

Not vaccinating could put yourself, your children, and others at risk

Do all flu vaccines contain pork gelatine?

No, there are two main types of flu vaccine:

1. The injectable vaccine DOES NOT contain porcine (pork) derived product and is offered to adults.
2. The nasal spray vaccine offered to children DOES contain porcine derived product.

Can Muslim parents choose which vaccine their child gets?

Yes, parents can choose to have the same injectable flu vaccine that is given to adults for their children, on the basis of religious objection. When asked to sign a consent form, let your vaccination service know your choice is because of the porcine gelatine in the nasal spray vaccine.

Most children are offered the nasal spray vaccine which is easier to administer and it may be better at preventing the spread of flu. Ask your doctor for further details as your child receives the most suitable vaccine. Please consult a trusted scholar regarding permissibility as Islamic scholarly opinions differ.

Where can I get a flu vaccine?

The flu vaccine should be available in schools, GP surgeries, pharmacies and other venues your local health team may advertise. Those eligible include most children, older adults (aged 65+), those with certain health conditions and pregnant women. Don't miss out.

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Last updated May 2025. See here for latest advice.



GHS Update

Cucina menu

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WEEK 3

Week Commencing;
31/08/26 21/09/26 12/10/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

MONDAY

Mexican Beef Nacho Pasta Bake

TUESDAY

BBQ Chicken with Salt 'n' Pepper Wedges,
Asian Slaw & Garden Peas

WEDNESDAY

Roast Pork or Salt 'n' Pepper Roast Chicken,
Crisp Roasties, Seasonal Vegetables &
Roast House Gravy

THURSDAY

Fragrant Lemon & Herb Chicken with Spicy
Rice

FRIDAY

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

VEGETARIAN MAIN MEALS

MONDAY

No Waste Cauliflower Cheese Pasta Bake
(V)

TUESDAY

Chipotle Quorn Dippers with Salt 'n'
Pepper Wedges, Asian Slaw & Garden
Peas (V)

WEDNESDAY

Roasted Vegetable & Chickpea Pastry
Roll with Crisp Roasties, Seasonal
Vegetables & Roast House Gravy (V)

THURSDAY

Hot Maple & Cajun Quorn Fillet with Spicy
Rice (V)

FRIDAY

Crispy Chickpea & Vegetable Pakora
Burger with Mango Slaw, Chips & Peas
(V)

DESSERTS

MONDAY

Sticky Lemon
Sponge

TUESDAY

Mixed Berry &
Apple
Crumble

WEDNESDAY

Chocolate & Whole
Banana Puff Pastry
Pinwheel

THURSDAY

Nut Free
Bakewell Sponge

FRIDAY

Hot Chocolate
Rocky Road &
Custard

Fruit and Jelly Pots 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

Vegan Singapore
Noodles (VE)

TUESDAY

The Big Plant
Burger (VE)

WEDNESDAY

Pesto Pasta with
Roasted
Tomatoes (VE)

THURSDAY

Onion Bhaji
Skewer with
Bombay Potatoes
(VE)

FRIDAY

Garlic & Chilli
Noodles
(VE)

TRATTORIA

MONDAY

Pasta in Cheese
Sauce

TUESDAY

Tomato & Basil
Pasta

WEDNESDAY

Margherita or
Pepperoni Pizza

THURSDAY

Creamy Pesto
Pasta

FRIDAY

Margherita Pizza