



GHS Update

Achievement for All

October 2026

Issue No. 181



UPDATE TO GHS ATTENDANCE PROTOCOLS

“School attendance is vital for children’s learning, wellbeing and wider development, and is a strong protective factor for all children and young people, especially the most vulnerable. It supports their long-term educational outcomes and helps safeguard them from harms such as exploitation and radicalisation. Missing school has a clear impact on attainment, affecting progress, confidence and readiness to learn. Being in school every day helps children stay connected to learning, peers and the wider life of the school. It promotes a sense of belonging, a stable routine and access to opportunities that support personal, social and academic development.” DFE attendance guidance March 2026.

For this reason our GHS attendance protocols have recently been updated. Parents and carers should be advised that we will now require the following:

- Medical evidence for any absence occurring the week before or the week following calendarised school holidays (e.g. half-term/Easter/Summer holidays)
- Proof of any medical appointments scheduled during school hours

For guidance about when to keep your child off school, please consult the NHS advice outlined on the graphic below and/or follow this link for further support: [Is my child too ill for school? - NHS](#)

Is my child too ill for school?



Does your child have a high temperature (38°C or more)? **YES** Keep them off school until it goes away. **NO** Follow the guidance below.

Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school or nursery on the first day and give them the reason.

Should go in	Should go in (let the school know)	Seek treatment before returning to school	Keep them off (at first)
A cough, cold or sore throat Fine 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.	Cold sores 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 Fine unless they are feeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.	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. 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 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.	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. 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. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.
Threadworms Speak to your pharmacist, who can recommend a treatment.	Head lice & nits You can treat head lice and nits without seeing a GP. Hand, foot & mouth disease If they seem 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. Slapped cheek syndrome Once the rash appears, they're no longer infectious. Let the school or teacher know if you think your child has slapped cheek syndrome.	Chickenpox Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.	Vomiting & diarrhoea Stay away from school until they have not been sick or had diarrhoea due to illness for at least 2 days (48 hours).

Feeling worried or anxious: It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search [www.NHS.uk](#) for the specific illness or infection, or 'Is my child too ill for school?'



Looking Ahead

B Week

“The light is not in the stars, but in the lamp that burns in our hands.” Rabindranath Tagore

Half Term

Monday 19th October -
Friday 30th October

Year 11 revision Evening

Wednesday 11th November

Year 7 & 8 Swimming Gala

Monday 16th November

Year 10 Welcome Evening

Tuesday 17th November

Year 9 Parents' Evening

Wednesday 25th November





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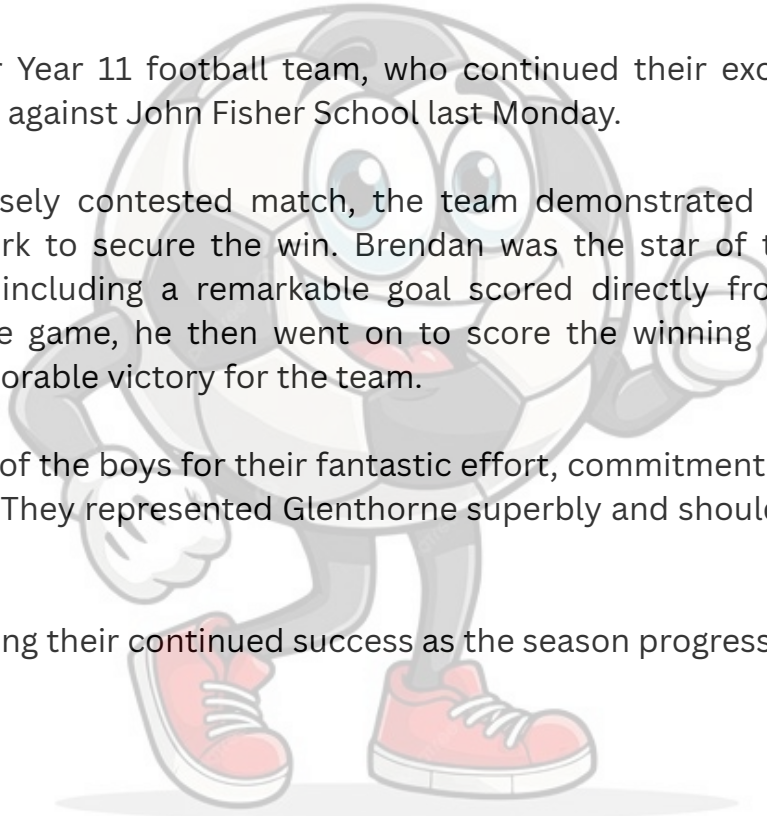
YEAR 11 FOOTBALL TEAM SECURE ANOTHER THRILLING VICTORY

Congratulations to our Year 11 football team, who continued their excellent season with a hard-fought 4-3 victory against John Fisher School last Monday.

In an exciting and closely contested match, the team demonstrated great determination, resilience and teamwork to secure the win. Brendan was the star of the show, scoring an outstanding hat-trick, including a remarkable goal scored directly from kick-off. With the scores level late in the game, he then went on to score the winning goal in the final two minutes, sealing a memorable victory for the team.

A huge well done to all of the boys for their fantastic effort, commitment and positive attitude throughout the match. They represented Glenthorne superbly and should be extremely proud of their performance.

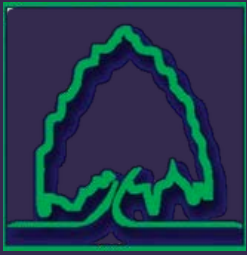
We look forward to seeing their continued success as the season progresses!



This term, talented pupil Gilan in Year 11 was hired by the Art Department to design both the artwork for our Art Newsletter and a new lesson objective slide design for use in classrooms. Using an iPad and digital illustration techniques, Gilan produced a professional-quality collection of designs that reflect the vibrant, creative, and innovative spirit of our Art Department.

We are incredibly proud of the skill, dedication, and artistic vision shown throughout the project.





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YEAR 7 & 8 HALLOWEEN DISCO



Thursday night was filled with excitement as Glenthorne's annual Halloween Disco returned on 15th October with a thrilling "Haunted House" theme.

Students in Years 7 and 8 embraced the spirit of the occasion, arriving in a fantastic array of creative and spooky costumes. With the holidays just around the corner, the atmosphere was full of energy, and the dance floor was buzzing throughout the evening.

A highlight of the event was the haunted tour of the DH corridor, which proved hugely popular with students. Filled with surprises and scares, the immersive experience had pupils screaming with delight. A huge thank you goes to the Performing Arts team for creating such a memorable attraction.

The Head Student team also played an outstanding role in the evening's success, demonstrating excellent leadership and organisation to ensure the event ran smoothly from start to finish.

Overall, the Halloween Disco was a fantastic way to celebrate the end of a busy half term and was enjoyed by all who attended.



AUTHOR VISIT FROM STEVE BLACKMAN

As part of our commitment to promoting reading for pleasure, Year 7 pupil were thrilled to meet debut author Steve Blackman on Thursday 15 October. Steve introduced pupils to his novel Zero Override, an action thriller set in a futuristic London, and delivered an engaging and interactive presentation that encouraged pupils to think about storytelling, creativity and the writing process. The event ended with a book-signing session, which proved extremely popular with pupils and provided a memorable opportunity to meet a published author.





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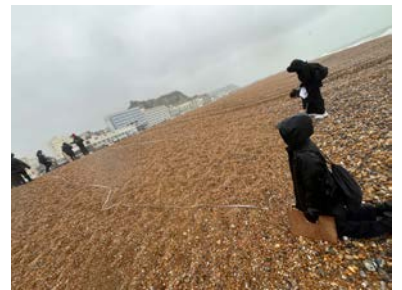


YEAR 7 ADVENTURES IN HASTINGS

The Geography and History Departments took Year 7 pupils to the coast at Hastings for a joint History and Geography field trip over two days. During the History element of the visit, pupils explored Hastings Castle, which was built shortly after the Norman Conquest of 1066. They examined the castle ruins, visited the dungeons, and learned about the original motte-and-bailey design. Pupils gained an understanding of why William the Conqueror chose this location, recognising its strategic position overlooking the sea and coastline, which made it ideal for defence.

As part of the Geography programme, pupils investigated how waves shape the coastline and developed key fieldwork skills through hands-on activities. Both aspects of the trip provided valuable preparation for upcoming areas of study in the curriculum.

Despite some challenging weather conditions, the pupils demonstrated excellent resilience throughout the visit. They learned a great deal from the experience and were a real credit to the school.





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CREATIVE CHALLENGE
OPEN TO STAFF AND PUPILS

CREATE A PIECE
INSPIRED BY
THE THEME

CHANGING PERSPECTIVES

(FOLLOW HYPERLINK
BELOW TO SUBMIT)

ALL MEDIUMS WELCOME
ART • PHOTOGRAPHY • TEXTILES • FILM • 3D

DEADLINE: 6TH OF NOVEMBER

You could explore:

- Different viewpoints
- Unusual angles
- Reflections
- Personal interpretations of familiar places

PLEASE UPLOAD YOUR DOCUMENT HERE



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Attendance Fact of the week

Mondays are among the most important days of the school week. Attending every Monday helps pupils stay connected to their learning and prevents gaps forming at the start of new topics



Mental health & Emotional Wellbeing Tip

Encourage your child to prepare for the week ahead on Sunday evening by organising their school bag, checking their timetable and planning any homework deadlines. Starting the week feeling organised can reduce anxiety and help pupils feel more in control



Helping your child stay safe while gaming

Whether they game once a day, once a month, or once a year, it's important that your child feels like they can talk to you about the things they see and experience when they do.

Check, Chat, Change - what you can do as a parent

We know the gaming world moves fast, and it can be tricky to keep up with the many new features out there. The good news is you don't have to be a gaming expert to help keep your child safe.

We've set out some simple steps you can take, so your child can enjoy all the benefits of online video games, safely. We are asking parents and carers to spend five minutes to:

- check the age their child's account is set to;
- chat about the games they are playing and who with; and
- change the settings to help keep them safer.

For more information see:

<https://www.ofcom.org.uk/online-safety/protecting-children/stranger-danger-tops-parents-online-gaming-worries>



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Cucina menu

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WEEK 1

Week Commencing:
07/09/26 28/09/26 19/10/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

MONDAY

Beef & Lentil Bolognese with Pasta & House Salad

TUESDAY

Bang Bang Chicken with Soy & Mixed Rice

WEDNESDAY

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

THURSDAY

Chicken Tikka & Chickpea Masala, Braised Rice & Kachumber Salad

FRIDAY

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

VEGETARIAN MAIN MEALS

MONDAY

Plant Based Bolognese with Pasta & House Salad (V)

TUESDAY

Bang Bang Eat Curious with Soy & Mixed Rice (V)

WEDNESDAY

Vegetable 'Squashage' Roll with Crispy Roasties, Seasonal Vegetables & Roast House Gravy (V)

THURSDAY

Cauliflower, Courgette & Chickpea Rosti with Braised Rice, Kachumber Salad & Minted Yoghurt Dressing (V)

FRIDAY

Vegan Chickpea & Coriander Burger with Fries (VE)

DESSERTS

MONDAY

Spiced Pineapple Cake

TUESDAY

Chocolate & Banana Brownie

WEDNESDAY

Sticky Ginger Cake

THURSDAY

Oaty Apple Crumble

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

Roasted Butternut, Sweetcorn & Chipotle Pasta (VE)

THURSDAY

Maple & Chilli Cauliflower Wings with Cajun Wedges (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