

Gospel Oak Weekly Newsletter

w.e. 10th October 2025



UPCOMING DATES

Friday 17th October - Parent/Carer Meeting for Disneyland Trip, 3:30pm - 4:30pm

Thursday 23rd October - Post 16 Open Evening, 6:00pm - 8:00pm

Friday 24th October - Teacher Training Day

Friday 7th November - Year 10 Quantum Theatre Visit - Performance of A Christmas Carol



ASSEMBLY THEMES

Assembly focus this week was World Mental Health Day (10th October)

w.c 13/10 - Healthy Eating

w.c 20/10 - Resilience

Please take the time to talk to your daughter and/or son about what they have learnt in Assembly.

YEAR 7

YEAR 8

YEAR 9

YEAR 10

YEAR 11

SIXTH FORM

LETTERS

COMMUNITY

MESSAGE FROM MISS MIDDLEHURST, SENIOR VICE PRINCIPAL

Students have had their assembly this week about World Mental Health Day and many have chosen to wear a yellow accessory today to mark this; there is a wealth of information at [Gospel Oak School - Mental Health and Wellbeing](#) about the support available. Please do take the time over the next few days to have a look at this, and discuss with your daughter and/or son. . A number of our students who work with the West Brom Foundation met players Josh Maja and Ousmane Diakite and had a talk about mental health; many students have also watched [Fight for mental health every day | Mind](#), and you may wish to watch this at home.

Year 11 and Year 13 mock exams are very nearly upon us, and will begin on Monday morning. Students have been checking their individual timetables to make sure they are aware of all of the arrangements; a big part of the mocks is learning the processes of entry and exit to the exam, understanding the seating plans, and practising time management in a highly controlled environment. I know that many students have been working very hard on their revision and we are looking forward to marking their exam papers; thank you for all of the ongoing support at home with the preparation. Our significantly revised approach to homework has played a big part in preparation, with lots of exam questions and consolidation of knowledge being completed on paper which is good practice for formal examinations. Several Year 11s have taken part in additional Maths' workshops, too, this week to support their preparations for success.

It was lovely to see so many of our Year 7 parents and carers in school on Wednesday evening for their 'settling-in' event. The transition from primary to secondary school is a big one, and we have been delighted with how well our Year 7s have managed this process. There are still a few challenges with finding classrooms, and losing a few (unnamed!...please get those labels sorted!) belongings. I am also aware of some ongoing teething issues with some online homework which we are continuing to work to get resolved; thank you for your patience with this.

A reminder that it is our post-16 Open Evening on Thursday 23rd October; this is a great opportunity for our Year 11 students – and students from other schools who are considering joining us - to find out more about our sixth form and the many brilliant opportunities it affords. If you have questions about this in advance of the evening, please use sixthformenquiry@gospeloakschool.co.uk and we will get back to you.

From a very practical school meals' perspective, we have adjusted the minimum payment on School Gateway; as you may be aware, the minimum payment had previously been set to £5.00 and we have changed this to £0.50 now. Thank you to parents and carers who let us know that this was an issue when looking to pay off small debts such as 70p that some students had got; this small change should enable more of the debts to be cleared. Please let us know via [Gospel Oak School - Contact Us](#) if you have any queries about this.

I hope you have a lovely weekend.



YEAR TEAM UPDATES

Thank you to Y7 for your excellent conduct during our Ofsted visit – you made a brilliant impression but most importantly this was not a one off. You continue to set high standards for yourselves and each other. You are respectful, hardworking and a credit to the school.

Thank you to all the parents & carers who attended the parents evening on Wednesday. Communication between school and home is crucial and a good relationship with your form tutor is particularly important at this early stage of secondary school.

Homework continues to be a challenge for some – we are happy to support pupils with homework every evening in room S7 between 3pm and 4pm. We have spent time this week ensuring that pupils are clear on homework expectations and ensuring that all pupils can access ClassCharts and other platforms. Please let the Year team know if you have any issues with logging on.

Detentions – we still have a very low number of pupils in detention which is good and long may that continue. Detentions are not a choice and pupils who walk away from detention will be placed in to Refocus here or at another school the following day. Part of the process is taking responsibility for your actions so do the detention and start the next day afresh.

Well done to all those pupils who are attending after school clubs. It is good to see the growing numbers of pupils who attend the Y7 football club on a Thursday. The club is open to ALL and runs from 3.15pm until 4.15pm.

We are starting what is often the hardest part of the school year, the mornings are darker and the days shorter. Coughs and colds are everywhere but we need to stay resilient – ATTENDANCE continues to be vital and while Y7 is the highest of any year in the school it could still be better. We also have more pupils absent on a Friday than any other day and that needs to change. Every day in school is a step towards success so please make every effort to be here every day.

Mr Wilson and the Year 7 Team



★ Year 8 News — Weekly Update! ★

Hello everyone! 🙌

We've had another busy and exciting week in Year 8, with lots to celebrate and some important reminders to keep us all on track! 🤝

🎯 Attendance Matters!

Our attendance has slightly improved this week to **91%**, which is great progress — but we still have work to do! Our goal is **96% every week**, and we can only get there together. ★

As the colder weather sets in, we know there'll be a few coughs and colds 🤧, but this is the time to show resilience! If your child feels a little under the weather, please send them in with any medication (kept safely in reception) rather than keeping them at home. Every lesson counts — and we don't want anyone missing out on valuable learning time! 📚

Let's keep encouraging good attendance together ❤️

🏠 Winter Funland Trip!

You will have received letters this week about our exciting trip to Winter Funland, just like we did last year! 🎄🎁

Unfortunately, on the very same day we gave the letters out to students, we received an email from the company to let us know they had **reduced the cost even further**. The price is now **£25** instead of £32 — the same as last year's trip! 🎉 This will be updated on School Gateway for parents to make payments. Should you require support on making different, please speak with Mr. Bowser separately,

This is fantastic news and makes the trip even more accessible for everyone. We can't wait for another magical day full of festive fun! ❄️🌟

⚽ Year 8 Football Team — First Match of the Academic Year!

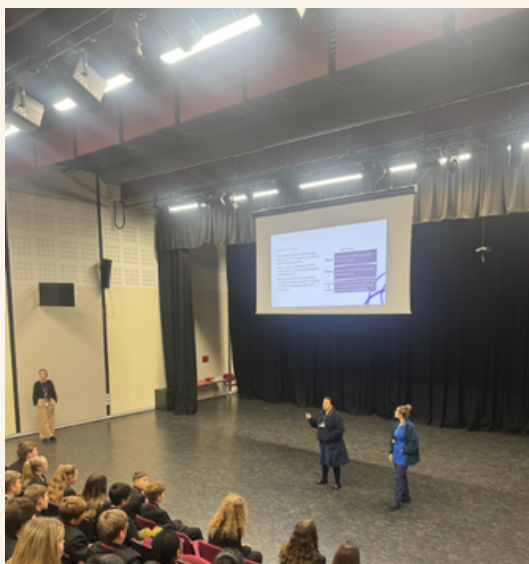
A massive **well done** to our Year 8 football team who played their **first official match of this academic year** on Thursday against **Q3 Tipton!** 🌟

We're so proud of their teamwork, determination, and positive attitude on the pitch. Go Team Year 8! 🏆

💛 World Mental Health Day

Friday was **World Mental Health Day**, and our students did an amazing job supporting this important cause. ❤️

Students were invited to **wear yellow** to raise awareness, and in tutor time we watched a powerful video from the charity **MIND** about looking after our mental health. 🧠 We also had an inspiring assembly with **local nurses** who spoke about mental health and how students can access support in school whenever they need to talk. 💬



🏠 Homework Update

Homework will go live after October half term! 📅

Look out for a letter from Miss Dunn, which will explain how to log into each online platform.

Please remember – students will receive a B2 detention if homework is missing or not up to standard. Let's make sure all homework is completed carefully and to the highest standard possible! ✅

While we're talking about homework, please ensure that both **students and parents** have downloaded the **ClassCharts app**. 📱

This is our main way to communicate key messages, detentions, and other important updates.

★ Special Reward – Meeting a WBA Player!

A few lucky Year 8 students were selected to meet a **West Bromwich Albion player** this week as a reward for their outstanding effort and hard work since returning to school! ⚽🎉

What an incredible opportunity – well done to those students!

🪔 Celebrating Diwali

On **20th and 21st October**, we'll be celebrating **Diwali** in school! 🌟

Selected students will take part in a creative workshop, and everyone will learn more about the festival during **morning meetings** and **assembly**. Our canteen will also be serving some delicious **Diwali-inspired meals** – we can't wait! 😊

🍷 Black History Month

October is **Black History Month**, and this year's theme is "**Standing Firm in Power and Pride.**" 🙌

We'll be learning about inspiring figures from Black history in **morning meetings** and **PSHE lessons**, as well as holding a **themed assembly** from **13th October**. There will even be a **special lunchtime meal** to celebrate! 🍴

Students can also take part in a **T-shirt design competition** run by **West Midlands Police** 🚔 – entry forms are available from reception. The winning design will be printed and worn to help raise awareness and celebrate Black History Month across our community.

💡 Exciting Year 8 Projects

We're thrilled to announce that **Miss Dunn** is leading this year's **Year 8 project**, called **RSAB** – following on from last year's brilliant Morgan Stanley project! 🌍

Selected students will work together throughout the year on a community project to make a positive difference locally.

Alongside this, **Mrs Parsons** is leading our **First Give project**, where another group of students will complete a **social action project** to raise money for charity. 🇧🇪
There's even a chance to win **£1,000** for their chosen cause — how exciting! 🎉

🌟 **Let's Keep the Momentum!**

Year 8 are showing fantastic enthusiasm, creativity, and kindness across the board. Let's keep up the positivity, focus on attendance, and continue to make this term one to remember! 🌈🌟

Thank you for your continued support — together, we can make Year 8 shine even brighter! ❤️

Mr Bowser and the Year 8 Team



🎉 YEAR 9 – WHAT A WEEK! 🎉

Wow – what an **incredible, inspiring, and unforgettable** week it has been for Year 9! If we could bottle the energy, positivity, and togetherness that this year group has shown, we'd have a recipe for success like no other! Let's dive into the absolute highlights of a week that's going straight into the Year 9 Hall of Fame! ✨

📈 Record-Breaking Attendance!

Let's start with a MASSIVE congratulations – Year 9 have hit their **highest attendance of the year so far – an amazing 94%**! That's right – 94%! Your dedication to showing up, giving your best, and being part of our school community is truly paying off. Keep it going – we are SO proud of you!

💛 Mental Health Awareness – Yellow and Proud!

Friday saw Year 9 come together in a heart-warming show of solidarity for **Mental Health Awareness Week**. From yellow headbands to cheerful bobbles and bright accessories, the year group was glowing with positivity. This wasn't just about colour – this was about **compassion, care, and courage**. Your support sent a powerful message: **mental health matters** and **no one is alone**. A huge well done for standing together in such a meaningful and uplifting way.

👤 Awe-Inspiring Assembly Guests!

As if that wasn't enough, Year 9 were treated to a **phenomenal assembly** this week with **special guests** delivering a powerful session all about mental health. The message was loud and clear: talking is strength, seeking help is brave, and supporting each other makes us unstoppable. You listened, you reflected, and you made us all incredibly proud. 🌈

💖 Celebrating Black History Month

Our morning meetings this week were nothing short of inspiring, as Year 9 delved into the importance of **Black History Month**. We took time to celebrate the extraordinary achievements of individuals from the **BAME community**, past and present, and explored how their legacies continue to shape the world we live in today. The engagement, respect, and thoughtfulness shown by Year 9 was a joy to witness – a true celebration of culture, unity, and progress.

👏 Together, We Rise

This week has proven just how incredible Year 9 really are. From lifting each other up, to standing together for causes that matter, to smashing attendance records – your energy, passion, and spirit have shone through every single day.

Let's keep this momentum going – because with Year 9, the sky's not the limit... **it's just the beginning!** 🚀🌟

Mr Johnson and the Year 9 Team



Week 6 of Autumn 1 has been another one to celebrate for the Y10 family! Attendance still needs to be our priority please Y10 as our figures are up and down at the moment so we must resolve this by following the BASICS and ensuring that every day we are on time and attending. On Tuesday our attendance increased to 93.3% which is a positive BUT we can still do better and by **being on time** and **attending every day** that is the only way we are all going to succeed and achieve, so let's smash it from next week and for the final 2 weeks of this half term please! 🌟

So, where shall we begin this week?

A big super star shout out goes to all of the amazing Y10 students who were involved in yet another special event on Friday this week! The Y10 family were lucky enough to have representatives in hosting a 'future fayre'. The focus for Y10 was all around Career pathways and subject relevance work experience which was really important for us all to experience especially with how important KS4 and our Y10 journey is! With this being said, a BIG reminder about **work experience!** Letters were given to all students to take home to start discussing and finding their placements – Please can we urge that this is looked at and prioritised early so that all students have that opportunity to go out into the big wide world and experience a day in the life of what their futures WILL look like! It is so important that we make this happen for all students, so please look into this with and for them and get in touch if you need anything! If students are unsure, they must speak to their tutors and can also book an appointment with Mrs Wilkins who will be able to support with their journey into the big wide world! 🗣️

Also, a super star shout out goes to the incredible tutor representatives who helped out at Y7 Settling In Evening this week! The way you conducted yourselves and represented not only our year group family but also the school as a whole must be recognised! So very proud of you! Well done JoJo, Keira, Shem and Gabriel! 🌟

Now, as we look ahead to week 7 of Autumn 1, let's see what our 10/10 attitude towards learning, our 10/10 mindset towards success and achievement and our 10/10 positivity every single day can get us – Let's go Y10, TEAM GREEN FOREVER! ❤️

Miss Ralph and the Year 10 Team



YEAR 11

Focus of the Week – Mock Exams Start Monday 13th October

Your mock exams begin **next Monday**, and this is your final week to make sure you're fully prepared. Every lesson, every piece of revision, every bit of focus counts now. Treat this week like it's the real thing – be organised, be on time, and give your teachers your full attention.

Remember: **your mock grades shape your predicted grades** for college and sixth form applications. Let's make sure your hard work shows.

Attendance & Punctuality

Our target for this crucial week is **100% attendance** – no exceptions. Every lesson matters. Missing even one could be the difference between a grade boundary. Be in every day, on time, ready to learn.

Last week only 11C were above 95% – we need everyone at that level and beyond this week.

Homework & Revision

Keep on top of your homework and independent revision. If you've been set practice questions or revision sheets, complete them early so you have time to review with your teachers.

If you do slip up and miss a deadline, remember – lunchtime detentions run 12:20–12:40 in F3. Attend promptly, complete your work, and move forward.

Prom Planning Update

We're currently **finalising the venue for the Year 11 Prom!** Once confirmed, we'll be looking for enthusiastic students to join our Prom Committee to help with themes, décor and ideas.

Keep an ear out – we'll be advertising for committee members very soon!

Final Message

This is your moment to show what you've learned. Stay calm, stay focused, and give it your all – you'll only do these mocks once. Let's make next week one to be proud of.

Every lesson. Every day. Every effort counts.

Miss Malkin and the Year 11 Team



On Thursday year 12 and 13 students were spoken to by a representative from Worcester University who came in to tell them all about the new Dudley Campus, where they are going to offer higher education courses including nursing and other vocational routes.

Year 13 are preparing for the up-and-coming mocks which will take place week the commencing 13th October. Students need to be revising and working hard to get a better picture of where they stand in the build up to their summer exams.

Attendance- it is vital that students attend every day and arrive on time. Missing one day can have a big impact on learning, being present improves outcomes.

We are still currently taking applications for year 12 so contact us on - sixthformenquiry@gospeloakschool.co.uk

Your sincerely,

Mr Bala
Director of Post 16

Upcoming events –

23rd Oct – Post 16 Open Evening



To: Parents/Carers

10th October 2025

Dear Parent/Carer,

Re: Catering Provision

From 3rd November 2025, there will be a new menu at both break and lunchtime; details of this can be found by visiting [Gospel Oak School - Catering](#). Please do talk to your daughter and/or son about this to support with their awareness of the new menu.

Following on from some previous communications, I would like to remind you of, or bring your attention to, the following:

- Free School Meal allowances are only now available at lunchtime; this is to ensure that students are accessing a 'meal' and meals are served at lunchtime.
- If students with Free School Meals wish to buy food at breaktime, parents and carers must put money onto School Gateway for this.
- Students who are not eligible for Free School Meals and are wanting to buy food at breaktime and/or lunchtime must have money on their School Gateway accounts.
- Where students overspend the money on their School Gateway, the maximum overdraft that they can have is £5; this has been put in place to support students, parents and carers with not getting into significant debt.
- Checking the balance on School Gateway is very straightforward; please see 'How Much Money is in Your Account?' when you visit [Gospel Oak School - Catering](#). Please check the balance regularly so that you know your daughter and/or son has what they need.
- I have written to parents and carers previously where a student has a debt on their account; thank you to parents and carers who have cleared the debt, and/or been in touch to update us about how this will be paid off. I am in the process of continuing to contact homes where debts still remain; please note that, in line with our School Meals Debt Procedure, if following notification, requests and parental support plans, the debt is not paid, the school reserves the right to recover the debt through a Debt Recovery Agency.
- The minimum 'top-up' on School Gateway has been adjusted to £0.50.
- Water is available free of charge and there are refilling stations in a number of locations around school; I strongly recommend that your daughter and/or son brings a water bottle and refills this at breaktime and lunchtime.
- Breakfast Club runs from 8.00am - 8.20am each day; toast is available free of charge for all school students.
- If there have been any changes to the dietary requirements of your daughter and/or son – for example, allergies – that we need to be aware of in school, do please let us know.

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W www.gospelookschool.co.uk

Our Ref: CM.KH.3379

Your Ref:

I have been extremely grateful to parents and carers who have taken the time to talk with us at school about our catering provision and how this can be developed. Please do use [Catering Feedback](#) or get in touch via [Gospel Oak School - Contact Us](#).

Thank you for your ongoing support of the work of the school.

Yours faithfully,



Miss C Middlehurst
Senior Vice Principal



To: All Parents/Carers

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10th October 2025

Our Ref: LL.KH.3351

Your Ref:

Dear Parent/Carer,

Re: Arbor Pay

We are writing to inform you of the upcoming plans to move away from our current payment provider (School Gateway) and the transition to using **Arbor Pay** as our payment provider of choice.

From Thursday 11th December, Arbor Pay will be used for all top-ups and trip payments, which will be managed through the Arbor Parent App. School Gateway payments will close at 2.00pm on Wednesday 10th December to facilitate transferral of balances to Arbor Pay. If you wish to ensure your son/daughter has sufficient balance to use the canteen facilities following the migration, you will be able to top up their accounts through School Gateway until 2.00pm on Wednesday 10th December.

Why Arbor Pay? Many parents/carers already use the Arbor Parent App to access attendance records, school communications, and other important information. By moving to Arbor Pay, parents/carers will be able to experience the following benefits:

- No need for a separate app or account: parents/carers will now be able to manage all aspects of their son's/daughter's school experience—including payments, bookings, and notifications—through a single app or the parent portal, using one single account.
- Easier and quicker to update account information: Emails, passwords, mobile numbers and names on parent accounts can be updated in an instant by parents/carers or school admin staff.
- Similar functionality: Payments will work in much the same way as on School Gateway.

More information about the migration, including some frequently asked questions is available on the enclosed information sheet and on the school website [here](#)

Kind regards,

Mr L Lyall
Senior IT Technician

Frequently Asked Questions (FAQs)

- **What happens to my balance in School Gateway?** Your existing balance on your School Gateway account will be transferred over to Arbor in full. Any automatic top-ups made to School Gateway will be stopped. **What about debt on School Gateway?** Negative balances will also be transferred over to Arbor during the transition. These will now need to be paid off using the Arbor app rather than School Gateway.
- **What if my son/daughter is on Free School Meals?** Any and all Free School Meals (FSM) students will continue to receive the value daily and will be able to continue using the canteen as expected. **Who can I contact for support?** Please contact the school here: <https://www.gospeloakschool.org.uk/contact-us>
-

Trip Information

As we transition to Arbor Pay for lunch payments, we will no longer be using School Gateway for trips and clubs either and will be using Arbor Pay as the method of collecting payments for these. This change will come into effect the same date as the lunchtime transition, on Thursday 11th December. Any payments already made for trips before the migration will still be valid, payments for trips before the transition are all expected to have closed by 30th November.

What Parents Need to Do

1. Sign Up for the Arbor Parent App (skip if already using App)

NB: This requires that we have an up-to-date email address for you in Arbor.

- Download the Arbor Parent App from the Apple or Google App Store.
- Log in using your registered email address with the school.
- Follow the setup instructions.
- For detailed step-by-step instructions, [click here](#)

2. Pay off debts in School Gateway

- In order to ensure a smooth transition, parents should make efforts to pay off any existing debts within School Gateway before the transition date.

3. Set Up Payments for School Lunches & Trips (From 11th December onwards)

- Log in to the Arbor Parent App.
- Navigate to 'Payments' and select 'Active Payments' for your child.
- Click 'Top Up Account' and follow the instructions to make a payment via bank transfer, Apple Pay, or Google Pay
- For more detailed step-by-step instructions, [click here](#)

- Please note that until the transition to Arbor is complete, you may not see the option to make a payment. Please be reassured this option will be enabled as soon as it is ready, before the start of the school day on Thursday 11th December.

If at any point during the transition you would like more information, advice or just wish to understand anything further, we are here to support you. If you require in-person assistance, parents are welcome to visit between 09:00 and 15:00 from the launch of Arbor Pay on Thursday 11th, up until Friday 19th December 2025, where IT support will be available to help. Our staff will be on hand to assist with any issues, and we will continue to provide guidance in the coming weeks. If you have any concerns, please don't hesitate to get in touch.



To: Parents/Carers

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10th October 2025

Our Ref: RL.KH.3378

Your Ref:

Dear Parent/Carer,

Re: Reading Lists

At Gospel Oak, we believe that reading is central to every student's success — both in school and beyond. Our recommended reading lists for KS3 and KS4 outline the texts we encourage students to read each year as part of their learning journey.

[KS3 Reading List](#)

[KS4 Reading List](#)

Some of the books on these lists are studied directly within our curriculum, while others are suggested for students to read independently at home. Reading these additional texts outside of lessons provides valuable opportunities to:

- Build vocabulary and improve language skills
- Strengthen writing and analytical ability
- Develop empathy and a broader understanding of the world
- Reduce stress and support mental wellbeing

Most importantly, regular reading — both in and out of the classroom — is proven to enhance learning and support long-term academic achievement.

We encourage you to explore the recommended reading lists with your son/daughter, discuss what they are reading, and help make reading a daily habit at home. Your involvement and encouragement make a significant difference to their confidence and success as readers.

Thank you for your continued support.

Yours faithfully,

Miss R Lane
Associate Assistant Principal

COMMUNITY

Parent/Carer Information

Important Safeguarding Notice: Children's "Spy" Books

We want to make you aware of a recent issue affecting some popular children's books by Andrew Cope, including the Spy Dogs, Spy Cats, and Spy Pups series. Some editions of these books include a printed web address at the back. This link used to go to the author's website, but the domain is no longer under his control. It has since been taken over by another party and now leads to inappropriate adult content.

The publisher, Puffin, has paused sales and distribution of the books and is working with schools, libraries, and retailers to remove copies from circulation. They have stressed that the website has no connection to the author or publisher.

What this means for you:

- If your child has any Spy Dog, Spy Cat or Spy Pups books at home, please check the back for website links and make sure they do not try to visit the site.
- It is safe for children to continue reading the stories themselves — the concern is only with the outdated link.
- We recommend talking with your child about the importance of not following web addresses in books without checking with an adult first.

We will continue to share updates from the publisher as more information becomes available.

FREE bus travel for parents this October half-term

From **27 October to 2 November 2025**, we're offering parents, guardians or carers a whole week of unlimited free bus travel across the West Midlands.

This initiative is part of our wider campaign, to encourage families to choose bus travel, especially during the school holidays.

[Apply for 1-week free bus travel](#)

<https://www.tfwm.org.uk/plan-your-journey/ways-to-travel/buses-in-the-west-midlands/free-bus-travel-for-parents-this-october-half-term/>

POST 16 OPEN EVENING

23RD OCTOBER 2025 6.00PM-8.00PM

Come and see what we have to offer

Discover new opportunities

An exciting opportunity to engage with the Post 16 teaching staff and explore the subjects on offer

sixthformenquiry@gospelookschool.co.uk
 0121 5561351

Central Sixth Form
 GOSPEL OAKS

Winter coats for children and adults

FREE

Donate & drop off
Any Thursday until 30 October
between 2pm and 3.45pm
For alternative drop off dates and times,
please call 0121 530 0836

Pick up & take home
Thursday 6 November between
2pm and 4.30pm

Venue:
New Road Methodist Church,
Mount Street, Tipton,
DY4 7DE

Sandwell
 Black Country Methodist Circuit
 HEALTHY SANDWELL

Winter coats for children and adults

FREE

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 HEALTHY SANDWELL

FLU IMMUNISATION FOR PUPILS IN SCHOOL YEARS RECEPTION - YEAR 11

Prevent your child from being seriously ill this winter!
Vaccinating is crucial in protecting them and vulnerable friends and family from flu.

NASAL VACCINE



No needles - just quick, painless, effective flu protection (contains gelatine)

OR

THE INJECTION




We offer a PORK-FREE, GELATINE-FREE injection considered a faith-friendly alternative.

Complete this form, even if you do not want the vaccine.

<https://midlands.schoolvaccination.uk/flu/2025/sandwell>

Secondary School students only: Young people under the age of 16 can give or refuse consent themselves if considered competent to do so by nursing staff.

CONTACT THE TEAM

 sandwell@v-uk.co.uk
 01215 921 110

Need more information?
Please see our FAQs sheet attached with this letter.

Or visit our website:



We endeavour to come to your child's school twice. If your child is absent or unable to be vaccinated at school, they can still receive this important vaccine by attending one of our community clinics for the vaccine.

Your consent will remain in place for the entire flu season. If your child misses a first visit, you do not need to complete a second form.

Details of these can be found on our website or you can contact the team above.

LEARN MORE

<https://www.schoolvaccination.uk/flu>
www.youtube.com/@vaccinationuk

PRIVACY POLICY

Our 2024/25 policy can be viewed here: www.schoolvaccination.uk/privacy-policy
For data protection queries, please contact: gdpr@vaccinationuk.co.uk

Please complete the below link for your child to receive their vaccine:-

<https://midlands.schoolvaccination.uk/flu/2025/sandwell>

FLU VACCINES: EVERYTHING YOU NEED TO KNOW

Vaccination UK will be coming into Gospel Oak School on Friday 5th December 2025 to administer the flu vaccine for a catchup session. Could you please complete the link to accept or decline if you wish for your son / daughter to receive his / her vaccine to update your son / daughters NHS record by midnight on Monday 24th November 2025. Please ensure that your son / daughter has no allergies to the vaccine and should you have any queries then please contact Vaccination UK on 0121 592 1110.

Please note that unless you accept or decline to update your son / daughters NHS record Vaccination UK will continue to contact you.



FREQUENTLY ASKED QUESTIONS

Q WHY ARE CHILDREN BEING OFFERED THE FLU VACCINE?

Flu can make children feel very unwell and can sometimes lead to serious complications like pneumonia or ear infections. Some may even need hospital treatment. It's especially important for children with long-term conditions like asthma or diabetes, as flu can be more dangerous for them.

Q HOW DOES THE FLU VACCINE FOR CHILDREN WORK?

The nasal spray contains weakened flu viruses that help your child build protection without causing illness. Because flu strains change each year, the vaccine needs to be given annually. Most children only need one dose.

Q IS THE FLU VACCINE SAFE FOR CHILDREN?

Yes, it has a very good safety record and has been used for over 10 years in countries like the US without any major concerns. All vaccines available in United Kingdom must pass strict safety testing before being approved for use. The Medicines and Healthcare Products Regulatory Agency (MHRA) only approve vaccines that have gone through rigorous safety testing measures. The regulators continually monitor them all the time.

Q SHOULD ANYONE NOT HAVE THE VACCINE?

Let us know if your child:

- Has a severe allergy to eggs, gelatine, or certain antibiotics
- Has recently had severe asthma symptoms or is 'wheezy on the day'
- Has a seriously weakened immune system

Also, after vaccination, children should avoid close contact with people who have very weak immune systems for about two weeks—everyone else is fine to be around.

Q ARE THERE ANY SIDE EFFECTS?

Side effects from the nasal spray are usually mild and short-lived. These may include a runny or blocked nose, headache, reduced appetite, or a slight temperature. Paracetamol or ibuprofen can help if needed.

Q WE DO NOT EAT PORK PRODUCTS. CAN MY CHILD HAVE A DIFFERENT FLU VACCINE?

Yes. There is an injectable flu vaccine is available that contains no pork (porcine gelatine).

While the nasal spray is generally more effective and painless, we respect your preferences. Just complete the consent form for the injection—no need to fill out both.

CONSENT INFORMATION

The consent form needs to be signed by a person with parental responsibility which includes:

- Mother: automatic
- Father: if married to the mother either when baby is born or marries subsequently
- Unmarried father: if name appears on birth certificate (since 1/12/03) or legally acquired
- Others: if parental responsibility is legally acquired
- Parental Responsibility Agreement: signed, properly witnessed and sent for registration to Principle Registry or the Family Division (High Court)
- Residence Order: granted by the Court

Please note that young people under the age of 16 can give or refuse consent if considered competent to do so by nursing staff.

Q NATURAL IMMUNITY

While natural immunity from the flu can occur, it's not generally considered better than vaccine-induced immunity. Natural infection carries the risk of severe illness and complications, whereas the flu vaccine offers protection with significantly less risk. Natural immunity can be long-lasting against specific strains, but we know that the flu virus changes (mutates) overtime so natural immunity to one strain might not protect against a different strain that emerges later. Vaccines are a safer and more reliable way to protect against a wider range of flu viruses.

Flu vaccines are updated for each winter to give protection against the strains of flu that are most likely to be going around. For this reason, we strongly recommend that even if your child was vaccinated last year, they should be vaccinated again this year.

Q MY CHILD NEEDS A DIFFERENT VACCINE

If your child needs another vaccine you can speak to our team or attend one of our community clinics, all information can be found on our website: www.schoolvaccination.uk/catch-up-clinics

Q I HAVE MORE QUESTIONS

We run Q&A webinars which address frequently asked questions and gives parents an opportunity to ask their questions. You can find information and how to join on our website.



BLACK HISTORY MONTH



BLACK
HISTORY
MONTH

BLACK
HISTORY
MONTH

THURSDAY 16th OCTOBER

Jerk Chicken Wings, Rice & Peas
with
Spinach & Coconut Slaw

Caribbean Cheesy Pasta,
with
Pineapple Salsa (V)

Jamaican Ginger Cake

MAIN MEAL £2.30
MAIN MEAL DEAL £2.60



What Parents & Educators Need to Know about EA SPORTS FC 26

AGE RESTRICTION
PEGI
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WHAT ARE THE RISKS?

Our guide looks at the risks surrounding EA Sports FC 26 and our top tips to minimise them. This marks the third year since EA left the FIFA licence, and the game is mostly unchanged from last year. While Kick-Off mode is great for playing with friends and Career Mode allows players to fulfil long-term ambitions as a manager or player, Ultimate Team remains the main draw for many players – and it can get out of hand in terms of how much money players can invest.

AN ANNUAL RELEASE SCHEDULE

As was the case with the last two EA Sports FC games and the FIFA series before it, the franchise rolls out once a year with updated squads and new features. This can make it expensive to keep up with, particularly when so many dedicated players are keen to get their hands on the latest edition.

VOICE CHAT

Voice chat can be enabled across all platforms, meaning young people can speak to anyone they play with or against. While it can be switched off, some children will no doubt want to speak to their friends while they play. This also means they may encounter strangers much older than them, which can expose them to inappropriate language or behaviours.

IN-GAME PURCHASES THROUGH ULTIMATE TEAM

Ultimate Team is the big draw for EA Sports FC, letting players spend real money on packs that they can open to build a squad of the world's best players. They're not always easy to obtain, and new, improved versions of players will be regularly added as limited-time offerings. Young people could feel pressured into spending money and experience fear of missing out.

SCAMMERS IN ULTIMATE TEAM

Ultimate Team is managed by EA itself, but that hasn't stopped scammers from looking to dupe players out of money and in-game coins. Some scammers sell their accounts, which is a violation of EA's terms of service, while others will 'sell' coins – something the developer is still working to crack down on. Some try to gain access to others' accounts, potentially giving them access to payment information.

POTENTIAL FOR ADDICTION

While EA Sports FC is potentially addictive, thanks to its fast-paced gameplay and mirroring of the real-world skill and glamour of football, Ultimate Team's focus on limited-time rewards and the lottery of winning packs can make it feel closer to gambling than gaming, which may lead to addiction and impulsive spending of money.

Advice for Parents & Educators

PREPARE FOR ANOTHER GAME IN A YEAR

The annual-release cadence aligns with the return of the school year, and can be a great way to incentivise good behaviour at the start of term. If children are applying themselves and preparing for a new year of school, or were particularly well behaved in the summer, EA Sports FC 26 could make a great reward.

LIMIT SPENDING

If you're worried about children accidentally spending real money in Ultimate Team, whether in game or on the EA Sports FC companion app, don't link a payment card to their account. Reclaiming funds can be a mountain to climb, and the dopamine hit of opening flashy packs with slick animations means one purchase can lead to another very quickly. It's also worth adding a prepaid card if you'd prefer them to make their own choices with their budget.

Meet Our Expert

Lloyd Coombe is an experienced freelance writer and has been working in the gaming and tech industry for seven years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



MONITOR VOICE CHAT

As in-game chat is open, be sure to adjust the settings in EA Sports FC 26 to lock it down. If children want to chat with their friends while they play, consider setting up a safe space for them to call, to allow them to play without fear of outsiders.

BE VIGILANT

As with last year, there are ways to keep scammers at bay. Ensure passwords are locked down, and consider using a password manager application to keep them secure. EA will never contact players through the game itself, so be vigilant with incoming messages, and block and report suspected spam. EA will contact players by email if needed, but they will never ask for usernames or passwords. Players should also avoid buying in-game currency from unofficial websites – doing so can lead to accounts being banned and could cost players money in the process.

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/ea-sports-fc-26>