



An Autumn message from Dr Peacock

As we wrap up an action-packed eight weeks, it's a great time to recognize the hard work and energy from everyone here at GHS. From pupils putting in the hours to staff supporting every step of the way, it's been a fantastic term filled with progress and achievement.

A notable highlight has been the opening of our new outdoor space, which includes a state-of-the-art Multi-Use Games Area (MUGA) and refurbished courts. This fantastic facility is a valuable addition to our school. We thought parents would like to see the new facility so please click on the link below to view a video showcasing the creation of this impressive area.

[Video Link](#)

In other exciting news, today marks the launch of the Edulink app. This platform will enhance communication with parents and strengthen the connection between home and school. The details of how to access Edulink have been sent out, via email, earlier today.

Thank you to everyone for making this half term successful and enjoyable. We wish you all a restful break and that any families celebrating Diwali have a wonderful time. It is also Bonfire Night on the 5th November and we hope your celebrations are safe and enjoyable. Please click on the link for safety advice.

GHS Takes the Title at Borough Cross Country!

We're thrilled to announce that GHS has taken home the top prize at the Borough Cross Country competition in the coeducational schools category! Competing against schools from across the borough, our team of Year 7 to Year 11 students showed outstanding effort and sportsmanship, making us incredibly proud.

Every member of the team gave it their all, demonstrating remarkable determination, grit, and exemplary behaviour on and off the course. This win is a testament to their hard work, dedication, and team spirit, qualities that truly reflect the GHS ethos.

A huge congratulations to all our runners—you've made GHS proud! We look forward to cheering on this talented group in their next challenge.



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Theme of the Week
"Bee Kind", Anti Bullying Week

Looking Ahead

Inset Days
Monday 4th November
Tuesday 5th November

Pupil's return to school
Wednesday 6th November

Year 7 & 8 Swimming Gala
Monday 13th November

Year 13 Parents' Evening
Wednesday 22nd November



Stay safe this Bonfire Night

[Have fun and stay safe with these top tips](#)





Warhammer Workshop in the Library

On Monday 21st October the Glenthorne Library's Warhammer Club met competitive Warhammer painter Neil Hollis for an master class in Warhammer miniature painting.

Neil brought in his award winning models and taught students expert-level tips on painting Warhammer soldiers and monsters. It was a fantastic time for everyone!



Dance Workshops



On Friday 18th October we had a professional artist lead a musical theatre workshop for some of our dance pupils. Bethan Keens has been on the West End and will be performing in the new show Oliver in London in December. Our pupils learnt musical theatre style choreography and explored improvisation in relation to audition preparation. The workshop ended with a Q and A from Bethan where pupils asked questions about her career journey and top tips for auditions within the industry.



This workshop was followed by a second workshop led by Jessie Odeleye. Jessie has recently starred in Mamma Mia in the West End and taught the pupils some of the choreography from the musical.



Halloween Disco

Thursday October saw the return of Glenthorne's Halloween Disco. This year the theme was "Murder Mystery". Pupils from Year 7 and 8 transformed into all kinds of costumes with a murder mystery theme. They were joined by the Year 8 team in excellent costumes. This being the pupils' last day of half term, the energy was high and some great dance moves were on display. The haunted tour of the DH corridor was hugely popular with students screaming the building down: thank you to Performing Arts Team for providing this immersive and scary experience! The Head Student team absolutely excelled and ensured that the evening ran very smoothly.



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Sporting Results

Year Group	Sport	Opponent	Result
U16	Football Girls'	St. Phils	Won 3 - 0





Glenthorne Sleep Challenge - completed

House Challenge – completed!

We hope that for the last two weeks of the half term on every school night we'd like pupils have attempted the house challenge.

As a minimum the challenge was for pupils to have a set bedtime **8-10 hours** before they need to wake up and to do this **without devices**.

Please can parents and guardians complete a very short online form (link below) to confirm participation - the house with the most points from their entries will win house points.

<https://forms.office.com/e/gmmAin4AmG>

Pupils will get 5 points for completing the challenge fully. 2 points for completing most of the evenings and 1 point for attempting at least a day – parents and guardians will self-assess this.

Diwali Rangoli Competition

- This year, the Hindu festival of lights, Diwali, will be observed on Thursday 31st October.
- Rangoli designs, which means rows of colours, are drawn on the entrance to homes and filled with colours during Diwali. They are drawn to welcome guests and different Gods and Goddesses and to bring joy into homes!
- To celebrate, we would also love to see and share pictures of any traditional Rangoli creations, and we invite all pupils, parents and colleagues to enter our Rangoli Photography House Competition by sending a photo to your heads of houses:
 - **Morris (Mr Ottaway):** jot@glenthorne.sutton.sch.uk
 - **Turing (Mr Cruchley):** acr@glenthorne.Sutton.sch.uk
 - **Seacole (Mr Boniface):** cbe@glenthorne.Sutton.sch.uk
 - **Rollason (Miss Homewood):** chd@glenthorne.Sutton.sch.uk
- Deadline is Wednesday 6th November.





Education Wellbeing Service Webinar

Parenting A Teenager with Autism Spectrum Condition

This webinar is designed for parents of teenagers with diagnosed Autism Spectrum Condition

It will provide parents with a variety of approaches, tools and useful resources.



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



DATE / TIME

Monday 11th November 6-7.30 pm

LOCATION

Online - Hosted on Teams

Sign up to this event for free on Eventbrite (and check out our others!) by scanning the QR Code or following the link below:

[Click here to book](#)



wellbeinginschoolsevents@swistg.nhs.uk

Education Wellbeing Service Webinar

Parent/Carer Webinar: Understanding and Supporting Teen Sleep

There can be many challenges with 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.



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



DATE / TIME

Tuesday 5th November 1-2 pm
Wednesday 6th November 7-8 pm

LOCATION

Online - Hosted on Teams

Sign up to this event for free on Eventbrite (and check out our others!) by scanning the QR Code or following the link below:

[CLICK HERE](#) to book



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The Willow Menu for w/c 4th November

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WEEK 1
WEEK COMMENCING
 01/04/2024 22/04/2024 13/05/2024 03/06/2024 24/06/2024
 15/07/2024

V – Vegetarian
VE - Vegan

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS		VEGETARIAN MAIN MEALS	
MONDAY Beef & Tomato Ragout with Wholegrain Pasta & House Salad	MONDAY Oven Baked Broccoli & Red Pepper Frittata & House Salad (V)	TUESDAY Butter Chicken Curry with Pilau Rice & Tomato, Red Onion & Coriander Salad	TUESDAY Lentil & Cauliflower Dhal with Pilau Rice, Tomato, Red Onion and Coriander Salad (VE)
WEDNESDAY Lemon & Thyme Roast Chicken or Honey Glazed Gammon, Crisp Roasties, Seasonal Veg & House Gravy	WEDNESDAY Leek & Spinach Wellington (V)	THURSDAY Kung Pao Chicken, Wholegrain & White Egg Fried Rice with Carrot & Sesame Salad	THURSDAY Sweet and Sour Vegetable Stir Fry Wholegrain & White Egg Fried Rice(VE)
FRIDAY Chip Shop 'Fryday', Fish, Pizza or Fishcake with Chips, Peas & Tartare Sauce	FRIDAY Crispy Onion Pakora Burger with Mango Chutney & Garden Peas (VE)		

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chocolate Sponge & Chocolate Sauce	Apple Strudel & Custard	Peach Kuchen	Pear & Cocoa Sponge	Manager's Special

FRUIT & YOGHURT POTS AVAILABLE DAILY

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

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

Cucina

street VIBES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Buffalo Cauliflower Wings on Salt & Pepper Wedges (V)	Garlic & Lemon Chicken Gyros	Chicken Yakitori with Rice	Loaded Potato Skins (V)	Manager's Special

NATURALLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chilli & Lime Glazed Tofu Skewer with Tomato Rice (VE)	Vegan Singapore Noodles (VE)	Jerk Jackfruit Open Wrap (VE)	Pakistani Tarka Dhal (VE)	Manager's Special

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Basil Pasta	Creamy Pesto Pasta	Mozzarella & Tomato Pizza Or Pepperoni Pizza	Pasta in Cheese Sauce	Mozzarella & Tomato Pizza Or BBQ Chicken Pizza

Our Vegetarian and Vegan recipes are approved by the Vegetarian Society.