



A VERY MERRY CHRISTMAS and Happy New Year!



Dec 2023
Issue 82

Dear Parents and Carers

As we reach the end of the autumn term, I want to extend my appreciation for the tremendous effort demonstrated by our pupils and dedicated staff since September. A special commendation goes to Year 11 for completing their mocks exams and to Year 13 for their relentless hard work as they prepare for their January mock exams.

The term has been exceptionally busy, filled with a huge array of extracurricular opportunities including, trips, competitions, workshops, concerts, and the spirited rehearsals for the whole school production of High School Musical scheduled for January. Our school community has truly thrived as a result of these diverse activities, alongside the invaluable learning that routinely takes place in classrooms across the school.

Recognizing the need for a well-deserved break, please be informed that staff will not be responding to emails during the holidays. I encourage everyone to embrace this time for rest and rejuvenation.

Wishing each and every one of you a peaceful winter break.

Warmest Regards

Dr S Peacock

Theme of the Week

No matter how hard the past is, you can always begin again

Looking Ahead

First day of term

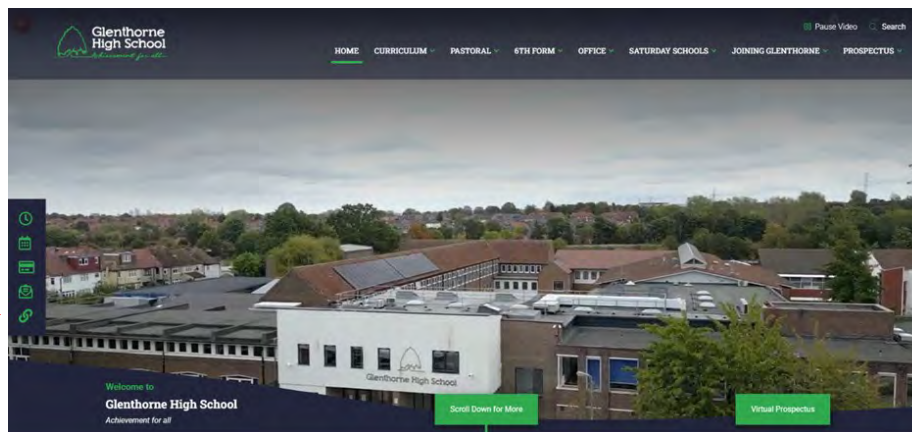
Monday 8th January 2024

Year 7 Parents' Evening

Wednesday 17th January 2024

Launch of the New Website

We are excited to announce the upcoming launch of our new school website on January 1st, 2024. The website will be available through the same URL as the present site. To facilitate this change, the Frog platform will be temporarily unavailable from December 27th to January 1st. Rest assured, a link to Frog will be accessible on the new website as indicated by the arrow on the image below. Thank you for your understanding, and we look forward to showcasing the improved online experience for our school community.





Joyful Return: All Saints Church Welcomes School's Christmas Carol Concert After 4 years Break

In a heart-warming reunion, Glenthorne returned on Monday evening to All Saints Church in Carshalton for their annual Christmas Carol Concert, marking the first gathering since 2019.

Amidst flickering candlelight, the church resonated with the spirit of the season as students showcased a diverse array of performances, spanning a range of musical styles. From traditional carols to contemporary renditions, the audience was treated to a musical feast that truly captured the essence of Christmas.

A special mention goes to the talented pupils who took centre stage, whether through eloquent readings, soul-stirring solo performances, or skilful leadership of ensembles.



Food Bank Donations



Last week, tutor groups from Years 7 to 13 generously donated goods for one of the key charity events in the GHS calendar: the Christmas Food Bank Donation! Miss Miller, the Heads of Year and the Heads of Houses co-ordinated a donation to the Trussell Trust, a charity that supports a network of food banks and provides emergency food and support to people in crisis. Thank you to all parents and guardians who gave generously to this amazing cause - together, we managed to fill an entire van!



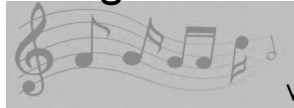
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Sporting Fixtures

Year Group	Sport	Opponent	Result
Yr9	Football	Harris Sutton	Won 5 - 2
Yr11 boys	Football	Cheam	Lost 3 - 2
Academy	Football	Oaks Park	Drew 2 - 2



Harmonising Potential: Year 7 Pupils Dive into the World of Music with Instrumental Programme



We are excited to share the wonderful musical journey that our Year 7 pupils have embarked on through the Year 7 Instrumental Program. This unique initiative aims to introduce every Year 7 student to the joy of playing a musical instrument, with the hope of inspiring a lasting passion for music.

Throughout the academic year, each Year 7 pupil has had the opportunity to explore the world of music by learning an instrument for a half term. The program is designed not only to foster a love for music but also to showcase the wealth of opportunities available through our comprehensive instrumental program. By exposing students to different instruments, we hope to spark an enduring interest that will motivate them to further pursue musical education.

As parents, your support in encouraging your child's exploration of music is invaluable. Whether it's the violin, flute, or guitar, our school provides a rich musical tapestry for students to immerse themselves in.

We look forward to witnessing the musical journeys that may unfold as a result of this program, and we appreciate your continued support in nurturing the artistic talents of our Year 7 pupils.

Harmony and Cheer: House Christmas Sing-Along Brightens Dreary Day



Amidst the pitter-patter of raindrops on a gloomy day, the sports hall was transformed into a lively haven of festive spirit during the much-anticipated House Christmas Sing-Along.

Staff from the four houses showcased their musical prowess with unwavering enthusiasm, creating a lively atmosphere as they sang along to a medley of Christmas tunes. The event was a delightful display of camaraderie and holiday cheer as pupils and staff shared in this community event.





Willow Menu for w/c 8th January



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Glenthorne High School WC 8th of January
What's Cooking at Glenthorne High School

1 CHOOSE IT (MEAT, FISH, VEGETE OR VEGAN) + 2 ADD IT (£2.50) + 3 TOP IT = MEAL DEAL £2.65 + FREE VEG OR SALAD & FRUIT WITH EVERY MEAL DEAL

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	ITALIAN	ITALIAN	GREAT BRITISH CLASSICS	ASIAN	GREAT BRITISH CLASSICS
Meat	Meatball Marinara (G)	Pollo Al Pesto (MK)	Lemon & Thyme Roasted Chicken	Teriyaki Chicken (G,SO)	Oven Baked Battered Fish (G,F)
Vegetarian	Arrabiatta Sauce (SU,g) Ve Penne (G) Ve	Tuscan Bean Ragù (C) Ve Fusilli (G) Ve	Vegetable Quarter Pounder (G,se) Ve Chips Ve	Vegetables Spring roll Jeera rice	Vegetable Quarter Pounder (G,se) Ve Chips Ve
Add It 1	Spaghetti (G) Ve	Patate al forno Ve	Yorkshire Pudding (G,E,MK) V	Rice noodles	Baguette (G,se,so) Ve
Add It 2	Bruschetta Salsa Ve	Grated Cheese (MK) V	Ketchup	Asian slaw	Baked Beans Ve
Slides 1	Rosemary Focaccia (G,SO,MK,e) V	Garlic Bread (G,so,mk) V	Horseradish	BBQ sauce	Tomato Ketchup Ve
Slides 2	Vegetable of the Day	Vegetable of the Day	Vegetables of the day	Vegetables of the day	Vegetable of the Day
WEEK 2	INDIAN	INDIAN	AFRO-CARIBBEAN	ITALIAN	INDIAN
Meat	Chicken Tikka Masala (MK,MU,SO)	Aloo Beef Keema (g)	Kefta Mkaouara (G,SO,MK)	Beef Bolognese	Chicken Korma (MK,g)
Vegetarian	Jalfrezi Paneer (MK,SU,g) V Boiled Rice Ve	Gobi Dhal (g) Ve Garlic & Coriander Naan Bread (G,MK) V	Coconut & Vegetable Curry (MK,g) V Jollof Rice (g) Ve	Sugo al Pomodoro (g) Ve Fusilli (G) Ve	Gobi Dhal (g) Ve Boiled Rice Ve
Add It 1	Bombay Potatoes (g) Ve	Pilaf Rice	Chargrilled Tortilla Wrap (G) Ve	Patate al Forno	Bombay Potatoes (g) Ve
Add It 2	Mango Chutney Ve	Mango Chutney	Piri Piri Sauce (SU) Ve	Bruschetta Salsa Ve	Mango Chutney Ve
Slides 1	Garlic & Coriander Naan Bread (G)	Mint Yoghurt	Spicy Slaw (E) V	Caesar dressing	Garlic & Coriander Naan Bread (G,MK) V
Slides 2	Vegetable of the Day	Vegetables of the day	Vegetable of the Day	Vegetables of the day	Vegetable of the Day

Future Events

SAVE THE DATES:
Monday 11th and Tuesday 12th
March

WHERE:
Epsom Playhouse at 7pm

More details to follow in the new year!

Dance department presents

IMPACT 2024



Signposting

What happens when I call the SLP CAMHS Crisis Line?

When you call the crisis line the practitioner that answers the phone will introduce themselves by name and invite you to share with them your concerns and listen to you. They will ask you some details about your current situation and try to work with you to help reduce distress and establish safety.

What support might I receive when I call?

Our philosophy centres around providing person-centred care, this means practitioners will work with you to understand your needs and the best options available for you. The type of support available includes:

- A safe and supportive space to speak openly about concerns
- Psychological first aid and immediate crisis counselling
- Brief interventions, including CBT and DBT skills
- Professional consultation
- Brief psychoeducation, mental health advice and support
- Psychosocial assessment
- Risk assessment and safety planning
- Liaise with other professionals involved in the young person's care.

If you are unsure whether you need emergency services, crisis line practitioners can guide you.

Other Support Available

Below are a collection of services dedicated to supporting children and young people.

shout 85258
How far you 24/7
Shout: 24/7 crisis text support for times when you need immediate assistance
Text "SHOUT" to 85258

SAMARITANS
Samaritans: Listen to how you are feeling. 24/7 support.
Call: 116 123 (24 hours a day) email: job@samaritans.org
www.samaritans.org

PAPYRUS
Papyrus: Support for young people struggling with thoughts of suicide, and anyone worried about a young person.
Call: 0800 068 3131 or text 07860 039967 (9am - midnight, 365 days a year)

Good Thinking
Good thinking: NHS digital wellbeing in London with lots of free resources to support mental wellbeing.
www.good-thinking.uk

kooth
Kooth: Online mental wellbeing community, including live chat, discussion boards and a daily journal.
www.kooth.com

THE MIX
The Mix: Free confidential support for young people under 25.
Call: 0800 808 4994
www.themix.org.uk

childline
Childline: Confidential telephone counselling service for any child with a problem. Webchat available.
Call 0800 1111
www.childline.org.uk

Issue date: March 2023

SLP CAMHS Crisis Line
Urgent mental health support for children and young people in South London
0203 228 5980
Opening hours: 9am - 11pm
365 days a year

SLP CAMHS Crisis Line

The SLP CAMHS Crisis Line is an urgent mental health helpline for all children and young people in South London. The line is operated by NHS trained child and adolescent mental health practitioners and advisors who provide crisis counselling and mental health support.

If you are under 18 years old and registered with a GP in South London, or you are worried about someone who is, you can call the SLP CAMHS Crisis Line for support and guidance.

What is a mental health crisis?

A mental health crisis means different things to different people.

- You may be concerned that mental health has been getting worse over time, or you might feel suddenly overwhelmed.
- You might feel unable to cope or as if you will not be able to cope for much longer.
- You might feel so distressed that you want to harm yourself or someone else.
- You might hear unpleasant voices or feel that people are watching you or trying to hurt you.

There is no one way to think or feel when in crisis, the crisis line practitioners will work with you to think about your journey.

Traffic Light: Getting help in a crisis

I'm okay now, but I would like to discuss my future support options

To explore support options, you could:

- Speak to your GP, who can put you in touch with local services.
- Speak to teachers or other school staff, many schools have staff who are dedicated to supporting mental health.
- Speak to a trusted adult. Don't suffer in silence.
- If you already have a CAMHS team, you can speak to them about how things are.

I am struggling or unable to cope. I need help with my mental health

To get urgent help, you could:

- Use the guidance on your safety plan (if you already have one).
- Speak to someone you trust, let them know you need support.
- Contact SLP CAMHS Crisis Line for telephone support on 0203 228 5980 between 9am - 11pm, seven days a week.
- Call NHS 111
- Reach out to other urgent help providers such as SHOUT or Kooth (see contact details overleaf).

I have an emergency - Someone is in danger

Call 999 or attend A&E

If there is a threat of serious harm to physical health, even if caused by mental health needs, contacting emergency services is the safest option.

If anyone is at risk of serious harm, call 999 and ask for an ambulance, or the police.

