

Whole School Production - High School Musical



We are thrilled to share the success of our recent whole school production of High School Musical, which captivated audiences over four electrifying performances. Kicking off with a special matinee for Year 6 pupils from primary schools within the Trust, the show set the stage for an unforgettable experience.

The production exuded vibrant energy, thanks to the cast's impeccable characterisations, powerful vocal performances, and skilled musicianship. From start to finish, the creative choreography added an extra layer of excitement, keeping the audience enthralled.

Behind the scenes, the dedication and expertise of our backstage and technical crew were indispensable. Their meticulous work ensured seamless transitions and captivating visuals, contributing to the overall magic of the production.

Every member of the cast, from leads to ensemble, showcased immense talent and commitment, truly embodying the spirit of the show. We extend our gratitude to all the staff involved, whose dedication and hard work made this production possible. The pupils' commitment to excellence was evident in every aspect of the show, and we are immensely proud of the high-quality performance they delivered.

High School Musical was not just a show; it was a testament to the collaborative spirit and talent within our school community. We congratulate everyone involved on a job well done and look forward to more incredible productions in the future!



Feb 2024
Issue 85

Theme of the Week
LGBTQ+ History month

Looking Ahead

Year 11 Parents Evening
Wednesday 31st January

Year 7 Core Academy Evening
Monday 5th February

Rising Stars Concert
Tuesday 6th February

Year 7 & 8 Valentine's Disco
Wednesday 7th February

Mufti Day
Thursday 8th February

Inset Day
Friday 9th February

Half Term
Monday 12th February - Friday 16th February

Austria Ski Trip, Yr13 Washington Trip & Biology Field Trip
During half term



Interhouse Dodgeball Interhouse Competition



Excitement echoed through the gym during our Year 9 inter-house dodgeball event this week! The pupils enthusiasm and participation were remarkable, creating a vibrant atmosphere of friendly competition and sportsmanship.

Congratulations goes to Rollason for clinching victory and earing the most house points!



Year Group	Sport	Opponent	Result
U14 Girls	Football	Overton	Win 7 - 3
FAC	Football	Sheppey Utd	Won 3 - 1

Year 11 - Mock Ceremony

In a pivotal moment for our Year 11 pupils, the school recently hosted a Mock Ceremony following the pre-Christmas mock exams. This event served as a dress rehearsal for the exhilarating experience of opening their actual GCSE results in the summer, offering a glimpse into the anticipation and importance of this milestone.

As the tension mounted, staff members addressed the pupils, emphasizing the significance of their GCSE grades and the journey ahead. With bated breath, pupils eagerly awaited the moment when they would unveil their mock exam results, mirroring the emotions they will undoubtedly experience in August.

The atmosphere was charged with anticipation as the countdown began, culminating in the opening of envelopes containing their mock results. Staff members then engaged in meaningful discussions with pupils, exploring their reactions and focusing on strategies to enhance their performance in the coming months.

As pupils reflect on their mock results and embark on their journey toward the actual GCSE exams, they can take solace in knowing that a wealth of support and resources are at their disposal. With determination, perseverance, and the support of their teachers, our Year 11 pupils will be well-equipped to excel in the upcoming exam season and beyond.





Willow Menu for w/c 29th January

Feb 2024
Issue 85

Glenthorne High School WC 29th of January
What's Cooking at Glenthorne High School

1 CHOOSE IT
MEAT, FISH, VEGGIE 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	MEXICAN	GREAT BRITISH CLASSICS	ITALIAN	GREAT BRITISH CLASSICS
Meat	Beef Bolognese	Chilli Con Carne (g)	Beef Burger in a Bun (G,SO,SU,se)	Meatball Marinara (G)	Oven Baked Battered Fish (G,F)
Vegetarian	Arrabiatta Sauce (SU,g) Ve	Bean Enchiladas (G,MK) V	Vegetable Quarter Pounder (G,se) Ve	Tuscan Bean Ragu (C) Ve	Vegetable Quarter Pounder (G,se) Ve
Side 1	Penne (G) Ve	Arroz Verde Ve	Chips Ve	Penne (G) Ve	Chips Ve
Side 2	Spaghetti (G) Ve	Patatas Bravas Ve	Buttered Parsley New Potatoes Ve	Patate al forno Ve	Baguette (G,se,so) Ve
Vegetables	Vegetable of the Day	Vegetable of the Day	Vegetable of the Day	Vegetable of the Day	Vegetable of the Day
WEEK 1	ASIAN	ITALIAN	AFRO-CARIBBEAN	INDIAN	MEXICAN
Meat	Katsu Chicken Curry (G,SO,MU)	Cacciatore Chicken (MK)	Curried Lamb (MU)	Chicken Korma (MK,g)	Chilli Con Carne (g)
Vegetarian	Katsu Paneer Curry (G,SO,MK,MU) V	Mac & Cheese (G,MK) V	Coconut & Vegetable Curry (MK,g) V	Jalfrezi Paneer (MK,SU,g) V	Vegetarian Fajita (G,SO) Ve
Side 1	Egg Fried Rice (G,E,SO) V	Fusilli (G) Ve	Sweet Yellow Rice Ve	Pilau Rice (g) Ve	Arroz Verde Ve
Side 2	Rice noodles	Patate al forno Ve	Hot Hot Potatoes Ve	Chapati (G) Ve	Chargrilled Tortilla Wrap (G) Ve
	Vegetable of the Day	Vegetable of the Day	Vegetable of the Day	Vegetable of the Day	Vegetable of the Day

Enjoy

The menu may be subject to change depending on product availability and exceptional circumstances.

pabulummm
HONESTLY GOOD FOOD

Allergen Key:
CAPITAL LETTERS = contains, lower case = may contain
Celiac and Celiac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (M), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

Mufti Day Thursday 8th February

To raise money for Yr 11 prom, we are having a mufti day on Thursday 8th Feb. Please let pupils know that they can wear their own clothes for £1 and wear makeup/jewellery for an addition £1. Staff are also welcome to take part and add their £1 donation.

Future Events

HOSTED BY STUDENT LEADERSHIP

VALENTINES DISCO
CUPID'S PARADISE

£3.50 ENTRY | FEB 7TH
5-7PM

ENCHANTED GARDEN TOUR + DRINKS/SWEETS SOLD

Exclusively for Year's 7 and 8!

- 5-7 PM on Wednesday February 7th
- Drinks and sweets sold!
- Enchanted Garden Tour
- Get your tickets on Parent Pay by following the instructions in the letter home

Support for Parents

Parent Mental Health Day is an opportunity for parents and carers to acknowledge and discuss their struggles and share in their achievements of connecting positively with each other and the whole family, and to learn ways to connect positively to maximise young people's mental health.

Stem4 is a charity that supports young people to build positive mental health. They founded Parent Mental Health Day in 2022. This year, they are offering a free webinar for parents and carers, focused on 'Creating Positive Relationships'. The webinar is on **Thursday 25th January at 7pm**. You can sign up with the link below.

[Webinar Registration - Zoom](#)

Navigating parenting can be challenging. There are many online resources available to help parents with day-to-day questions and advice:

[Support for parents | NSPCC](#)

[Parenting support | Action For Children](#)

[Advice for parents - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Barnardo's Family Space | Barnardo's Family Space \(barnardos.org.uk\)](#)

There are also a number of services available locally, who offer parenting support:

[Home | Relate](#)

[STORM Family Centre](#)

- [Juntos Family Therapy Service](#)

[Parenting after separation course | Separated parents course \(spurgeons.org\)](#)

[Home | Postnatal Depression](#)

[Parenting can be tough and impact on wellbeing. There are services available across Wandsworth for adults struggling with their mental health:](#)

Feb 2024
Issue 85

PARENT MENTAL HEALTH DAY
SATURDAY 27TH JANUARY 2024

What is Parent Mental Health Day?
Parent Mental Health Day 2024 is an opportunity for parents and carers to acknowledge and discuss their struggles and share in their achievements of connecting positively with each other and the whole family, and to learn ways to connect positively to maximise young people's mental health.

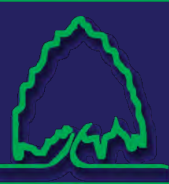
Factors which may impact parental mental health
The Cost of Living Crisis, which so closely followed the pandemic, and increased concerns about digital harms, rising rates of mental ill health and the impact of stretched services have further increased parent and carer anxiety and, in some cases, helplessness and hopelessness.

For Parent & Carers
To boost your relationships this Parent Mental Health Day we are encouraging you to take time to **Connect, Play, & Reconnect** with the aim to create positive relationships at home.

Creating Positive Relationships Webinar
For Parents and Carers
25th January 2024 at 7pm

Join us for our free 'Creating Positive Relationships' Webinar for Parents and Carers on the 25th of January at 7pm, in celebration of Parent Mental Health Day 2024.

#PMHD2024
For more resources: <https://stem4.org.uk/parentmentalhealthday/>



Education Wellbeing Service Webinar

Education Wellbeing Service

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

Social Media & Gaming - What Parents Need to Know

Young people are spending more and more time on social media and gaming.

This workshop talks through the relationship between mental health and different forms of screentime - some of the myths, science and also tips for how to think about and support your teen around different forms of screentime.



DATE / TIME

Tuesday 6th February 1-2 pm
Wednesday 7th February 6:30 - 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@swlstg.nhs.uk

