


Sleep Challenge

Helping Students Build Healthy Sleep Habits



We are excited to announce our upcoming Sleep Challenge for all pupils, running from October 14th to October 25th. This challenge aims to support pupils in establishing healthier sleep routines by encouraging them to prioritize rest, which is essential for their well-being, focus, and academic success. Pupils who successfully complete the challenge will earn house points, with the overall house winner being announced after half-term.



To complete the challenge, pupils will need to:

- Set a bedtime that allows for 8 to 10 hours of sleep each night.
- Ensure mobile devices are kept out of the bedroom to help them fully unwind and avoid distractions.

How Parents Can Support

Parents are encouraged to play a part in this challenge by helping pupils maintain their bedtime and filling out a simple online form to confirm participation. This form will be available from 24th October. <https://forms.office.com/e/gmmAin4AmG>

Your support will ensure they get the full benefit of these healthy sleep habits.

Sleep benefits, advice and recommendations



The Importance of Sleep for Teens

Sleep is important for **teens** for many reasons. Sleep allows the heart and vascular system to recharge. It helps with learning, **forming memories**, and improving concentration and attention. During sleep, the body releases hormones that contribute to maturation and the growth of muscles and bones while the **immune system** works to protect the body from disease. Sleep *[positively]* affects various aspects of an adolescent's daily life.

- **Cognition and academic performance:** Memory and attention are highly affected by sleep loss. With less sleep, mental tasks like homework can take longer to.
- **Emotional health and mood:** Both the quantity of sleep and bedtime affect a teen's emotions. Sleep-deprived adolescents are more prone to **developing anxiety** and **depression**.
- **Physical health:**

Establishing good habits early in life can benefit teens as they transition to adulthood. Sleep patterns that are established in adolescence, like bedtime and the number of hours slept per night, tend to be maintained later in life.

Taken from [How Much Sleep Should A Teenager Get?](#) | Sleep Foundation.

October 2024
Issue 108

A Week

Theme of the Week
"Democracy is not just the right to vote, it is the right to live in dignity", Naomi Klein

Looking Ahead

Year 7 Welcome Evening
Wednesday 16th October

Years 7-11 Flu Vaccine
Monday 21st October

Year 7 Literacy & Numeracy Information Evening
Tuesday 22nd October

Year 7 & 8 Halloween Disco
Thursday 24th October

Inset Day
Friday 25th October

October Half Term
Monday 28th October to Tuesday 5th November

Inset Days
Monday 4th November
Tuesday 5th November

Sixth Form Students Rise to the Senior Maths Challenge!

Our Sixth Form students recently participated in the highly anticipated Senior Maths Challenge, an event that not only tested their mathematical skills but also offered them a chance to engage in stimulating problem-solving activities. The challenge allowed students to tackle a variety of complex and engaging questions, helping them strengthen their critical thinking and analytical skills.

The students thoroughly enjoyed the experience, and their participation in this prestigious event is a valuable addition to their UCAS applications. Taking part in the challenge showcases their dedication to mathematics and highlights their ability to thrive in rigorous academic settings.

We eagerly await the results and are incredibly proud of our students' efforts and enthusiasm.



Congratulations



Huge congratulations to Farrah in Year 13 who submitted an entry to the prestigious global John Locke Institute essay competition which was then shortlisted and awarded the highest commendation. This puts her Psychology essay in the top ten in the world for her age. She was invited to a very grand event in May-fair where she represented Glenthorne and was amongst grammar school and private school students – including Etonians! Her essay answered the very interesting question 'According to a study by researchers at four British universities, for each 15-point increase in IQ, the likelihood of getting married increases by around 35% for a man but decreases by around 58% for a woman. Why?'.

Very well done, Farrah!"

Well deserved recognition for our amazing librarian

On Wednesday 9th October Mr. Maxwell, Glenthorne's Librarian, was awarded a British Empire Medal from King Charles for his contributions to libraries and education in the UK. The ceremony was presented at Loseley House by the Lord Lieutenant of Surrey. Mr. Maxwell will be attending a Garden Party at Buckingham Palace in the summer term to celebrate the Honour!



October 2024
Issue 108

Sporting Results

Year Group	Sport	Opponent	Result
Yr11	Football Boys	Trinity	Won 4 - 2
Yr10	Netball	Cheam	Won 12 - 1
Yr9	Netball	Cheam	Won 10 - 2
Yr9	Football Boys	Winston Chruchi8ll	Lost on penalties
Yr8	Football Boys	Esher College	Won 5 - 0



Train to Teach



Webinar

Thursday 17th October 2024
5-6 pm

Find out about our training programme, and how to apply for September 2025



To book a free place email RFA@glenthorne.sutton.sch.uk or click the link in the bio

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

Education Wellbeing Service

**Upcoming Events For Parents & Carers
Autumn Term 2023**
Supporting your teenager's mental health webinars

26TH OR 28TH SEPT Mental Health During The Teenage Years - An Introduction And Overview
For all secondary & college parents/ carers

12TH OR 18TH OCT Getting Into School - Common Challenges & Supporting School Avoidance
For all secondary & college parents/ carers

16TH OR 17TH NOV "I Wish I Looked Like Them" - Helping Teens Navigate Body Image Issues
For all secondary & college parents/ carers

4TH OR 7TH DEC Understanding and Supporting Teen Sleep & Self-Care
For all secondary & college parents/ carers

We also provide free 1:1 early support programmes for young people to support with their anxiety or low mood. Speak to your school to find out more

[Click here](#)

To view further event details and descriptions, and to book on to any of the webinars, please scan the QR Code or follow the link to our Eventbrite collection.



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

Education Wellbeing Service

**Upcoming Events For Parents & Carers
Spring/Summer Term 2024**
Supporting your teenager's mental health webinars

15TH OR 24TH JAN Understanding & Supporting Your Teen With Autism Spectrum Condition
For all secondary & college parents/ carers

6TH OR 7TH FEB Social Media & Gaming- What Parents Need To Know
For all secondary & college parents/ carers

26TH OR 27TH FEB Managing Exam & Assignment Stress
For parents/ carers of Young People in Years 11-13 & college

11TH OR 13TH MAR Parenting Teenagers With Characteristics of ADHD
For all secondary & college parents/ carers

24TH OR 25TH APRIL Managing Exam & Assignment Stress
For parents/ carers of Young People in Years 7-10

14TH OR 16TH MAY Supporting Your Teenager With Emotional Difficulties & Self Harm
For all secondary & college parents/ carers

We also provide free 1:1 early help support programmes for young people to support with anxiety or low mood. Speak to your school to find out more

[Click here](#)

To view further event details and descriptions, and to book on to any of the webinars, please scan the QR Code or follow the link to our Eventbrite collection.



The Willow Menu for w/c 14th October

WEEK 1

WEEK COMMENCING
01/04/2024 22/04/2024 15/05/2024 05/06/2024 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
Chocolate Sponge & Chocolate Sauce

TUESDAY
Apple Strudel & Custard

WEDNESDAY
Peach Kuchen

THURSDAY
Pear & Cocoa Sponge

FRIDAY
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



MONDAY

Buffalo Cauliflower Wings on Salt & Pepper Wedges (V)

TUESDAY

Garlic & Lemon Chicken Gyros

WEDNESDAY

Chicken Yakitori with Rice

THURSDAY

Loaded Potato Skins (V)

FRIDAY

Manager's Special

NATURally

MONDAY

Chilli & Lime Glazed Tofu Skewer with Tomato Rice (VE)

TUESDAY

Vegan Singapore Noodles (VE)

WEDNESDAY

Jerk Jackfruit Open Wrap (VE)

THURSDAY

Pakistani Tarka Dhal (VE)

FRIDAY

Manager's Special

TRATTORIA



MONDAY

Tomato & Basil Pasta

TUESDAY

Creamy Pesto Pasta

WEDNESDAY

Mozzarella & Tomato Pizza Or Pepperoni Pizza

THURSDAY

Pasta in Cheese Sauce

FRIDAY

Mozzarella & Tomato Pizza Or BBQ Chicken Pizza

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

