



Dear Parents and Carers

As we come to the end of a busy and rewarding Autumn term, I want to take a moment to reflect on some of the values that make our school community so special: respect, kindness and a shared sense of belonging. We have encouraged our pupils to embody these values both in school and at home,

In the lead up to Christmas, we have emphasised the importance of kindness - offering a helping hand, showing appreciation, and being present for others. These small acts have a ripple effect, reminding us all that the spirit of the season lies not in the gifts we give, but in the love and generosity we share.

Thank you for your continued support and partnership in nurturing a community where every child can thrive. From all of us at Glenthorne we wish you and your family a peaceful and happy holiday break. We look forward to welcoming pupils back on January 6th, ready for the opportunities that 2025 will bring.

With warm wishes

Dr S Peacock



December 2024
Issue 117



Theme of the Week

"It is often the small steps, not the giant leaps, that bring about the most lasting change.",
Queen Elizabeth II

Looking Ahead

All pupils & students return to school on Monday 6th January 2025

Week commencing 6th January, this is a B Week.

Spreading the Christmas Spirit!



This week, the House Team and the entire school community have been spreading Christmas cheer far and wide, making it a truly festive and meaningful time of year! On Tuesday, we launched a donation drive for the local Sutton Foodbank, and our fantastic Librarian, Mr. Maxwell, took on the important role of delivering the generous contributions. A huge thank you to all the families who donated - food insecurity is a pressing issue across London right now, and your kindness is making a real difference.



Wednesday brought even more festive fun with our annual Christmas Jumper Day, where we raised money for the four House Charities. These causes are dedicated to making an impact locally, nationally, and internationally, and we are truly privileged to support them in helping to create positive change. In addition, our dedicated Heads of Houses visited Sutton Court Care Home, delivering a mountain of heartfelt Christmas cards, each hand-crafted by our talented students. It was Christmas lunchtime at the home, and the residents shared wonderful stories as we joined them in celebrating the season.



To cap off the day, our brilliant teaching and support staff came together to put on an unforgettable performance with our House Christmas Panto, delighting both students and staff alike. A heartfelt thank you to everyone involved in making this week so incredibly special—your enthusiasm and generosity are what truly make our school community shine!





Carol Service



The annual Christmas Carol service took place on Thursday 12th December, at our usual location, All Saints Church in Carshalton and was well attended by parents, pupils and Governors. It was an eclectic evening of Christmas repertoire with a mixture of traditional and popular Christmas music. We were treated to performances from pupil led ensembles, bands, Orchestra, Vocalise and Jazz Band. It was lovely to see our newest ensemble, the staff choir, Teacher Voices, perform 'Mary did you know' and collaborate with Vocalise for the final item of the evening- 'Believe'.



We hope you enjoyed the evening if you were able to attend and we look forward to welcoming you to our Music events coming up in 2025.



Sporting Results

Year Group	Sport	Opponent	Result
Yr10	Handball	Carshalton Boys	Lost 22 - 17
Yr10	Handball	Carshalton Boys	Lost 18 - 14
Yr11	Handball	Bishop Thomas	Drew 8 - 8
Yr11	Handball	Carshalton Boys	Won 18 - 14

The Willow Menu for w/c 6th January 2025

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.





Support over the winter break

We know that when pupils are not in school they might need a bit of extra support so we have put together a list of external support which can be accessed after school, at the weekends and during the holidays. If you have any concerns when your child is in school please remember to share these with us via your child's Tutor, Head of Year or the pastoral team.

At Christmastime some pupils are lucky enough to get new devices. The NSPCC has guidance and tips about how to set these up safely to try and ensure your child's safety online [Supporting children at different ages with their use of technology](#) | NSPCC

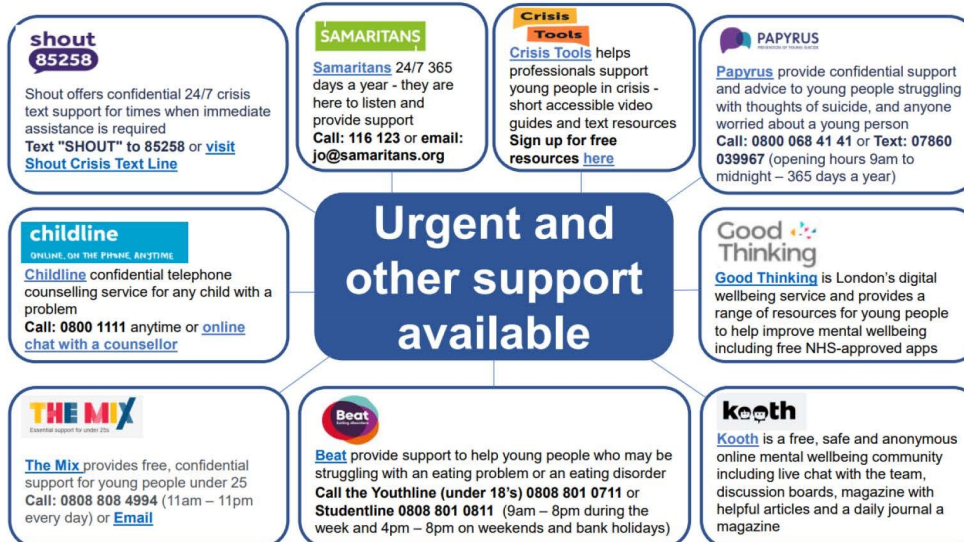


[Off the Record Youth Counselling](#)



[YoungMinds](#) | Mental Health Charity For Children And Young People | [YoungMinds](#)

The CAMHS website has a range of websites and apps to support mental wellbeing over the break. [WEBSITES](#) | [CAMHS Resources](#)



TIPS TO MANAGE WELLBEING OVER THE WINTER BREAK

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

We know that that the winter holiday period can be a tough and challenging time for some. There's a change in the routine, and more unstructured time that can feel difficult and overwhelming to manage. You may also feel pressured to feel or present yourself a certain way during this time. We have therefore created this guide to support you to stay well.

- Gaming (but not too much!)**
Lots of people enjoy gaming and it's fine to include it in your day but it's easy to find yourself playing too much, especially when you don't have so much to do. This can lead do feeling disconnected from friends and family and your mood dropping
- Keeping a routine**
Getting enough sleep is important for our mental health and catching up on some sleep over the holidays is part of switching off and recharging. It might be tempting to stay up late and/or sleep in longer but shifting your usual routine too much can have a negative impact on our mood. If possible, try to maintain a routine where you get up in the morning and go to bed at around the same time each day.
- Socialise**
If talking about your feelings is hard for you, just spending time with others can be really helpful. Social contact is so important for our mental health. Spend some time doing activities with family members or friends i.e playing a game, learning a new skill together, or watching a film. Speak to friends and family members over Facetime, Snapchat or Whatsapp.
- Exercise**
Staying active can help both our physical and mental health. You could go for a walk or run outside or do some exercise at home like yoga or HIIT
- Cooking**
With more time spent at home, there is more time to help in the kitchen and make some tasty Christmas treats! There are hundreds of recipes online and many 'how to cook' videos on YouTube

