

GHS Update

Achievement for All

W/C 15.9.2025

September 2025

Issue No. 141

Dear Parents & Carers

As we begin a new academic year, we warmly welcome all our families - both returning and new - to what promises to be an exciting and enriching term ahead. In this special edition of *The Glenthorne Update*, we're sharing some important reminders, expectations, and key information to help ensure a smooth start for everyone.

Key School Policies

We kindly ask all parents and carers to take a moment to read through our key school policies, which are available [here](#). These policies outline our shared expectations and help us maintain a safe, respectful, and productive learning environment for all pupils.

Free School Meals – Are You Eligible?

You may be entitled to free school meals if you receive any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (without Working Tax Credit and with an annual gross income of no more than £16,190)
- Working Tax Credit run-on (paid for four weeks after you stop qualifying)

Universal Credit (if applied on or after 1 April 2018 and household income is less than £7,400 per year after tax)

Registering for free school meals can save families hundreds of pounds annually. Additionally, the school receives Pupil Premium funding for each eligible pupil, which directly supports learning and enrichment opportunities.

Pupils entitled to free school meals receive a daily allowance automatically added to their cashless card, allowing them to purchase food discreetly and easily.

If you meet the criteria and would like to apply, please email [Finance](#) and we will endeavour to arrange a convenient time to assist you with the secure application process.

Attendance Matters

In line with the Government's initiative to improve school attendance, we remind all families that every day of learning counts. Absences are recorded as either:

Authorised – where valid reasons are provided

Unauthorised – where no explanation or unacceptable reasons are given

Please note: Term-time absences will be recorded as unauthorised unless there are exceptional circumstances.

Our Governors fully support the school and local authority in promoting high levels of attendance. We encourage you to read this letter from [Cognus](#), which outlines the new role the local authority is taking to support schools in Sutton.

Additionally, please review [this](#) important information from Cognus regarding Penalty Fines for unauthorised absences.

If you wish to take pupils out of school during term time, you must complete this [absence request form](#). Once completed, the request form should be emailed [here](#). Please click [here](#) to read our full Attendance Policy.

Punctuality Matters

Arriving on time is essential for a successful start to the school day. Pupils who arrive late must report directly to the attendance hatch in the hub to register. If they fail to do so, an automated absence email will be sent to parents and carers to clarify the reason for absence.

Lateness will result in sanctions in line with our behaviour policy. We appreciate your support in reinforcing the importance of punctuality.

Mobile Phone Policy

To support focused learning and reduce distractions, we operate a Gate-to-Gate Mobile Phone Policy for pupils in Years 7–11. This means:

Phones must be switched off and placed in the bottom of bags from the moment pupils enter the school gate until they leave at the end of the day.

For Sixth Form students (Years 12–13), mobile phone use is permitted only in designated areas of the Sixth Form block, where usage is monitored by staff.

If a mobile phone is seen, heard or known to be used on the school site then it will be confiscated until the end of the half term.

GHS Update

LATEST NEWS

September 2025

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ArtsOne

If you'd like to get involved in ArtsOne this year, whether that's devising and preparing great performances at ArtsOne Drama, playing your favourite songs at ArtsOne Rocks, or dancing all different styles at ArtsOne Dance, please book your FREE trial by emailing artsonesaturdays@glenthorne.sutton.sch.uk and register your interest. Please see timings for each session below :-

ARTSONE DANCE

Saturdays, term time

9:00-11:00 AD1 Seniors (Years 9-11)

11:30-13:30 Jump into AD1 (Years 3-6)

14:00-16:00 AD1 Juniors (Years 7-8)



ARTSONE DRAMA

Saturdays, term time

9:00-11:00 KS2 Drama

11:30-13:30 KS3 Drama



ARTSONE ROCKS

Saturdays, term time

9:00-11:00 Intermediate

11:30-13:30 Expert

14:00-16:00 Beginners



🕒 Looking Ahead

A Week

"A person who has never made a mistake, has never tried anything new." Albert Einstein

Thursday 18th September
Year 7 Extra-curricular Fair

Wednesday 24th September
Year 7 & Year 8 Welcome Evening

Friday 26th September
Macmillan Coffee Morning for pupils

Wednesday 8th October
6th Form Open Evening
5:30pm to 8:00pm

🗨️ Explore, Discover, Thrive: Our Autumn Term Extracurricular Programme

At Glenthorne, we believe that learning goes far beyond the classroom. Our vibrant extracurricular and enrichment programme offers pupils the chance to explore new interests, develop skills, and build friendships through a wide range of clubs and enrichment activities.

This autumn term, we're excited to launch an inspiring selection of opportunities—from sports and performing arts to STEM, creative writing, and wellbeing clubs. Whether pupils are passionate about coding, curious about chess, or keen to try something completely new, there's something for everyone.

Year 7 Extracurricular Fair – This Thursday!

To help our newest pupils get involved, all Year 7 pupils are invited to attend the Extracurricular Fair on Thursday lunchtime in the Sports Hall. This is a fantastic opportunity to meet club leaders, ask questions, and sign up for activities that spark your interest.

View the Autumn Term Timetables

To see the full range of clubs and enrichment opportunities available this term, please visit: [🔗 click](#)

We encourage all pupils to take advantage of these opportunities to grow, connect, and enjoy their time at school to the fullest.



GHS Update

WELLBEING

September 2025

Issue No. 141

Supporting Pupil Wellbeing

At Glenthorne High School, we believe that good mental health and wellbeing are vital for pupils to thrive both academically and personally. Our dedicated **Pastoral Team** is here to support pupils in navigating challenges and building resilience.

We're also pleased to share a series of free Parent Webinars from the Education Wellbeing Service this Autumn Term. These sessions offer practical advice and support for families. You can sign up using the following link: [click here](#).

Thank you for your continued support in helping us maintain a safe, respectful, and nurturing school environment. If you have any questions or concerns, please don't hesitate to contact the school via the reception mailbox.

Parental Workshops

Please find attached the Education Wellbeing Service Parent Webinars for the Autumn Term. You can sign up to any of their free webinars by using this [this link](#).

Heads of Year for 2025-2026

Year 7	Mr R Hemmingway
Year 8	Mr S Cripps
Year 9	Mrs M Flynn
Year 10	Mr S Dempster
Year 11	Mr S Dempster
Year 12	Mr S Banfield
Year 13	Miss L Hunter

Routines aren't about strict rules - they create a supportive structure that helps young people thrive. Clear boundaries and healthy habits help children feel prepared, confident and emotionally supported.

TIPS FOR SETTING ROUTINES THAT STICK

INVOLVE YOUR CHILD

Teenagers are more likely to follow routines they've helped create. Ask for their input on what works.



START SMALL

Focus on a few key routines (e.g., bedtime, screen time, homework) and build from there.



USE VISUAL REMINDERS

A weekly planner or checklist on the fridge can help make routines visible and easier to follow.



BE CONSISTENT, BUT FLEXIBLE

Life happens, so allow for changes - but try to return to the routine as soon as possible.



PRAISE PROGRESS

Acknowledge your child's efforts. Positive reinforcement goes a long way.



@The_Enlightened_Parent

GHS Update

SAFEGUARDING

September 2025

Issue No. 141

What are deepfakes?

Deepfakes are videos, images or audio recordings that have been digitally altered – often using artificial intelligence (AI) – to make it look like someone has said or done something they never actually did. This can include realistic-looking videos where a person's face is swapped onto someone else's body or voice recordings that sound identical to a real person.

While some deepfakes are created for fun or entertainment (e.g, putting a celebrity's face in a movie scene), others are made with harmful intent – to spread misinformation, harass individuals or cause reputational damage.

How can deepfakes affect young people?

Online bullying and harassment: there have been cases where deepfakes are used to humiliate or threaten young people – for example, by placing their face onto inappropriate or explicit content and sharing it without their consent.

Manipulation and misinformation: deepfakes can be convincing and may be used to spread false stories, fake messages from public figures or even impersonate friends or family members online.

Emotional and mental health impact: Being targeted by or exposed to deepfakes can cause embarrassment, anxiety and long-lasting emotional harm. Even witnessing a deepfake involving others can be distressing and erode trust online.

While deepfakes are a serious concern, knowledge and communication are powerful tools. By staying informed, creating an open home environment and helping children build critical thinking skills, we can help them stay safer in a changing world.

Safeguarding Team

We would like to introduce our Safeguarding Team.
Designated Safeguarding Lead - **Mrs M Alletson**

Deputy Designated Safeguarding Leads :-

Mr S Allen

Miss S Miller

Mr D Gillies

Mr C Murphy

Headteacher - **Dr S Peacock**

(Responsible for safe recruitment practice and any staff related concerns.)

How can parents and carers support their child?



Open the conversation

Discuss deepfakes with your child calmly and without judgment. Ask if they've encountered them online and reassure them they can always talk to you if they feel uncomfortable.



Teach critical thinking

Encourage your child to critically assess online content. Help them build digital literacy skills by identifying signs of fake and manipulated content.



Check privacy settings

Review your child's social media privacy settings to ensure accounts are private and they understand not to share personal photos or videos with unknown individuals.



Know what to do if something happens

If your child is targeted by a deepfake, take it seriously. Save evidence, report it to the platform and, if the content is explicit or threatening, report to the Police.



Reassure and support

The emotional impact of being involved in or exposed to a deepfake can be significant. Be ready to listen, validate their feelings and access professional support if needed.

Upcoming Events For Secondary Parents Autumn Term 2025

Supporting your teenager's mental health webinars

10TH SEPT 25
7.30 PM-8.30 PM



Mental Health During
the Teenage years

SCAN OR CLICK HERE

17TH SEPT 25
12.30 PM-1.30 PM



SCAN OR CLICK HERE

23RD SEPT 25
1 PM-2 PM



Getting into school -
common challenges and
supporting school
avoidance

SCAN OR CLICK HERE

24TH SEPT 25
6 PM-7 PM



SCAN OR 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.

[Click here](#)



wellbeinginschoolsevents@swlstg.nhs.uk

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.

Upcoming Events For Secondary Parents Autumn Term 2025

Supporting your teenager's mental health webinars

**3RD NOV 25
6 PM-7.30 PM**



Healthy habits in
teenagers with Autism

SCAN OR CLICK HERE

**4TH FEB 26
12.30 PM-2 PM**



SCAN OR CLICK HERE

**11TH NOV 25
1 PM-2 PM**



Understanding and
supporting teen sleep

SCAN OR CLICK HERE

**11TH NOV 25
7 PM-8 PM**



SCAN OR CLICK HERE

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.

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.

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Education Wellbeing Service Webinar

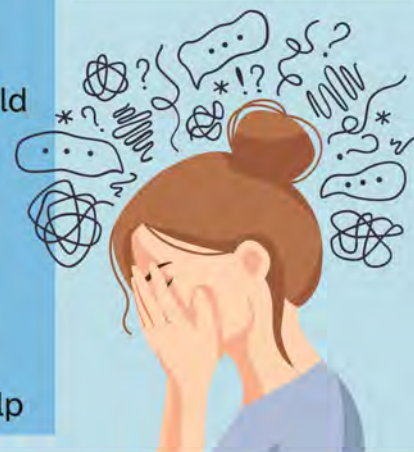
Mental Health During the Teenage Years An introduction and Overview

A one-hour online webinar introducing and providing an overview of mental health and wellbeing in teenagers, with practical ideas for parents and carers.

The session will cover topics including:

- What is mental health and being a teenager in today's world
 - Supporting wellbeing during the teenage years - what research tells us
- Introducing a way of thinking about teenage wellbeing - the 'three areas' model
 - Responding to teenagers and communication tips
- Problem solving challenging situations and options for help

Education
Wellbeing
Service



DATE / TIME

Wednesday 10th September
7.30-8.30pm



Scan the
QR code
or
[click here](#)

LOCATION

Online - Hosted on Teams

Sign up to either event
for free on Eventbrite
by scanning the QR Code.

You can also check out
our other events by
[clicking here](#)

wellbeinginschoolsevents@swlstg.nhs.uk

DATE / TIME

Wednesday 17th September
12.30-1.30pm



Scan the
QR code
or
[click here](#)



GHS Update

Cucina Tariff & Menu

September 2025

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TARIFF SEPTEMBER 2025		Cucina IFG	
BREAKFAST	PRICE	HOMEBAKES	
Breakfast Roll	£1.55	Muffins	£1.45
Mini Breakfast Baguette	£1.55	Small Cakes/Cookies	£1.05
Breakfast Pot – 3 Piece	£2.20	Cookies/Brownie	£1.45
Breakfast Wrap	£2.85	Chocolate/Cheese Straw	£1.40
Toast with Butter or Jam	£0.35	HOT GRAB & GO	
Waffle with Topping	£1.70	Bagel	£3.00
Danish Pastries	£1.70	Panini – Half/Whole	£1.55/£2.85
Cereal + Milk Boz	£1.05	Toastie – Whole	£2.30
Porridge for Students	Free	Korean Crispy Chicken	£3.00
Porridge for Staff	£1.00	Tandoori Chicken Naan	£3.00
Porridge Toppings	£0.50	Wrap/Twister	£3.00/£3.00
COLD GRAB & GO		Chicken Wings	£2.35
Chill Deal Roll	£1.50	Shawarma	£3.00
Deli Sub Roll/Sandwich	£2.30	Pizza Slice (Break Time)	£1.60
Wrap	£2.90	Falafel Kebab	£3.00
Premium Salads	£3.00	Hot Bowls	£3.00
Basic Baguette/Premium Baguette	£2.60/£2.90	Hot Pasta Pot – Med/Lrg	£1.90/£2.50
Half Baguette	£1.55	Jacket Potato – 1 Topping	£2.15
Cold Pasta Pot – 16oz	£2.50	ALL POWER BITES	
Mezze Bag with Humous	£1.65	Range of Nutritious Rice & Noodle Dishes	
Protein Pots	£1.00	SOUP	
Salad Pots	£2.00	Fresh Soup Available Daily	
Jelly/Yoghurt/Fruit Pots	£1.00	£1.85	
Whole Fruit	£0.55		

MIT on hot food and beverages will be charged at the current rate for all staff members

TARIFF SEPTEMBER 2025		Cucina IFG	
DRINKS	PRICE	BREAKFAST	PRICE
Water 500ml	£1.15	Breakfast Roll	£1.55
Fruit Slush	£1.45	Mini Breakfast Baguette	£1.55
Capri Sun	£1.30	Breakfast Pot – 3 Piece	£2.20
Dalston Cans	£1.45	Breakfast Wrap	£2.85
Radnor 200ml Carton	£1.15	Toast with Butter or Jam	£0.35
Milk/Flavoured Carton	£1.15	Waffle with Topping	£1.70
HOMEBAKES		Danish Pastries	£1.70
Muffins	£1.45	Cereal + Milk Boz	£1.05
Small Cakes/Cookies	£1.05	Porridge for Students	Free
Cookies/Brownie	£1.45	Porridge for Staff	£1.00
Chocolate/Cheese Straw	£1.40	Porridge Toppings	£0.50
HOT GRAB & GO		COLD GRAB & GO	
Bagel	£3.00	Chill Deal Roll	£1.50
Panini – Half/Whole	£1.55/£2.85	Deli Sub Roll/Sandwich	£2.30
Toastie – Whole	£2.30	Wrap	£2.90
Korean Crispy Chicken	£3.00	Premium Salads	£3.00
Tandoori Chicken Naan	£3.00	Basic Baguette/Premium Baguette	£2.60/£2.90
Wrap/Twister	£3.00/£3.00	Half Baguette	£1.55
Chicken Wings	£2.35	Cold Pasta Pot – 16oz	£2.50
Shawarma	£3.20	Mezze Bag with Humous	£1.65
Pizza Slice (Break Time)	£1.60	Protein Pots	£1.00
Falafel Kebab	£3.00	Salad Pots	£2.00
Hot Bowls	£3.00	Jelly/Yoghurt/Fruit Pots	£1.00
Hot Pasta Pot – Med/Lrg	£1.90/£2.50	Whole Fruit	£0.55
Jacket Potato – 1 Topping	£2.15		
ALL POWER BITES			
Range of Nutritious Rice & Noodle Dishes		£1.35	

MIT on hot food and beverages will be charged at the current rate for all staff members

WEEK 1

Week Commencing: 25/08/2025 15/09/2025 06/10/2025 27/10/2025

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

- MONDAY**
Lemon & Herb Piri Piri Chicken with Spicy Rice
- TUESDAY**
Chicken Chow Mein
- WEDNESDAY**
Honey Glazed Roast Gammon or Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy
- THURSDAY**
Mexican Style Beef & Tortilla Lasagne
- FRIDAY**
Chip Shop 'Fryday' Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

VEGETARIAN MAIN MEALS

- MONDAY**
Piri Piri Quorn, Macho Peas and Spicy Rice (VE)
- TUESDAY**
Hoisin Tofu Chow Mein (VE)
- WEDNESDAY**
Crunchy Topped Macaroni Cheese, House Salad or Seasonal Veg(V)
- THURSDAY**
Smokey Plant Based Chilli, Served with Rice, Nachos & Corn (V)
- FRIDAY**
BBQ Bean Burger with Chunky Chips & Peas (V)

DESSERTS

- | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|------------------------|---|----------------------------------|----------------------------|
| Spiced Pineapple Cake with Vanilla Sauce | Apple & Walnut Custard | Chocolate Cheesecake & Strawberry Sauce | Chocolate Brownie & Fruit Sundae | Fruit, Jelly & Veggie Pots |

Fruit and Jelly Pots Available Daily

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

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

Cucina



MADE YOUR WAY!

CHOOSE IT! ADD IT! TOP IT!

Switch up your flavours with our street food-inspired range, available Tuesday to Thursday. With weekly rotating choices, there's always something tasty.

Choose a base, add protein, and top it your way!

Visit the restaurant to check out what's on offer each week

NATURALLY

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

- | | | | | |
|---------------------------|------------------------------|-----------------------|---------------------------|------------------------------|
| Pakistani Tarka Dahi (VE) | Vegan Singapore Noodles (VE) | Vegan Ramen Bowl (VE) | The Big Plant Burger (VE) | Garlic & Chilli Noodles (VE) |
|---------------------------|------------------------------|-----------------------|---------------------------|------------------------------|

TRATTORIA

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

- | | | | | |
|-----------------------|-------------------------|---|--------------------|------------------|
| Tornato & Basil Pasta | Pasta in a Cheese Sauce | Mozzarella & Tornato or Pepperoni Pizza | Creamy Pesto Pasta | Margherita Pizza |
|-----------------------|-------------------------|---|--------------------|------------------|