



GHS Update

Achievement for All

W/C 22.9.2025

September 2025

Issue No. 142



Year 6 Perspective Parents Evening



Wednesday 10th September heralded the return of our annual open evening for families of children in year 6 considering their secondary school choices for next year and it proved to be one of the biggest and best we've held in recent years. Nearly 800 pupils from years 8,9 and 10 welcomed around 2,000 visitors in their role as tour guides exceptionally well: representing the school with impeccable manners, warmth and positivity. Another 200 pupils supported in subject areas and were also excellent ambassadors for the school: enthusiastically sharing their experience of learning and answering questions with maturity and confidence. The evening was accompanied by outstanding musical performances from the talented pianists during the Headteachers' speech to the acoustic soloists in the Music department and the House band who avoided the torrential downpours with great problem-solving skills: playing in DH1 with the windows open to ensure that the courtyard was filled with Music despite the heavy rain. The weather did not dampen anyone's spirits, and we thank all the pupils who took part, and their families for their excellent contribution to showcasing our amazing school.



🕒 Looking Ahead

B Week

"The more languages you know the more you are human." Tomas Garrigue Masaryk

Wednesday 24th September

Year 8 & Year 9 Welcome Evening

Friday 26th September

Macmillan Coffee Morning for pupils

Wednesday 8th October

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

Wednesday 15th October

Year 7 Welcome Evening

Tuesday 21st October

Year 7 & Year 8 Halloween Disco

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Dungeons and Dragons Club at the British Library



On Monday 15th September the Library's Dungeons and Dragons Club visited the British Library for a behind-the-scenes tour of their new Secret Maps exhibits. The Club met with the head curator of the new exhibit to plan and develop a Dungeons and Dragons adventure that will be made free to the public on 27 October. It was a very interesting and engaging day and the students came home with a lot of ideas for this project!



Recycling of School Uniform

Please may we request donation of any items of uniform that you no longer need that are still in good condition.

There is a container stored just in front of reception where all clean, second hand items can be deposited in a carrier bag.

We will be running a second hand uniform sale later this year.

Glenthorne does World Clean Up Day

Following the success in previous years we are asking pupils to be involved again in World Clean Up Day - a global event to clean up the environment and help address the waste crisis.

www.worldcleanupday.org



Over the weekend of the 20th September, we are asking pupils to safely take part in World Clean Up Day by cleaning up their local environment. They need to grab a pair of gloves and a few bin bags and clean their local environments. If parents take a photograph of their children taking part and send it to their child's Head of House by Wednesday 24th September, pupils will be awarded with 20 House points in recognition of effort.

All you need to do is send a picture(s) of your child taking part to your Head of House by Wednesday 24th September.

Morris – Mr Grant – dgr@glenthorne.sutton.sch.uk

Rollason – Miss Homewood – chd@glenthorne.sutton.sch.uk

Turing – Mr Cruchley – acr@glenthorne.sutton.sch.uk

Seacole – Mr Boniface – cbe@glenthorne.sutton.sch.uk





GHS Update

WELLBEING

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Attendance Directly Impacts Academic Achievement

Children who attend school regularly perform better in reading, writing, and maths. Even missing a few days can disrupt learning and make it harder to keep up.

Mental Health & Emotional Wellbeing Tip

Prioritise sleep – Good sleep improves mood and concentration.

- ◆ Set a consistent bedtime and avoid screens 30 minutes before sleep.

Support Services in school

At Glenthorne our vision for pupil wellbeing is for pupils to learn to become successful self managers of their own wellbeing. We know that there are always ups and downs in life and we have a range of support available for pupils should they need it, if they are finding things difficult.

Universal support (available to all pupils):

House Buddies – trained sixth form mentors who can meet with pupils each week. They often talk about issues such as transition to high school, organisation, friendship issues and positive wellbeing. Pupils can self refer by contacting their Head of House.

Clubs and activities – taking part in extra curricular clubs and activities is great for improving and managing wellbeing and mental health.

School nurse – our school nurse runs a drop in session on Tuesdays from 12-2pm. Pupils can also be referred by their Head of Year.

Form Tutor – your child's Form Tutor is your first point of contact if you are concerned about your child at all. They will liaise with your child's Head of Year. support. support such as anger management. This is usually referred to by the Head of Year.

Targeted support (available to pupils via a referral):

Pastors – we have volunteers from the pastor team who come in every Thursday morning. They provide 1:1 and small group sessions. Form Tutors and Heads of Year can refer for this support.

School Counsellor – we have a full time school counsellor who works with pupils for a huge range of reasons from mental health struggles, to confidence issues, to family breakdown and bereavement. Form Tutor and Heads of Year can refer for this support.

Behaviour Support Officer - Our behaviour support officer will work with students who want or need to change or improve aspects of their behaviour. They also provide support such as anger management. This is usually referred to by the Head of Year.

Emotional Wellbeing Practitioners (EWPS) – we currently have three EWPs from CAMHS working with us during the week. They offer sessions focussing on anxiety, low mood, anger and sleep difficulties. Pupils must self refer themselves for this service. The referral form can be found on our website.

Lost Property

If your child is missing any uniform items, please encourage them to check in the lost property, which is located in our Medical Room.

Unfortunately, we are unable to store unnamed and unclaimed lost property item indefinitely, Any items that remain unclaimed by the end of the term will be passed over to the second-hand uniform for sale.

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Uniform Policy

All items, with the exception of the school House badge, are available from Cladish, who provide a comfortable, high-quality, easily maintained, environmentally-friendly uniform. The jacket, for example, can be washed in the washing machine and is not dry-clean only. Cladish has a shop in Wallington, but also a web-based shop. Your son/daughter will receive a House badge from their Head of House and badges must be worn on the left lapel.

We expect all pupils to wear our school uniform and take pride in their appearance. If a pupil is not in uniform, we have a clear policy for ensuring that this is quickly put right by the use of sanctions and contact with the family.

Compulsory Uniform

- Navy blue jacket with badge.
- Light blue long-sleeved or short-sleeved shirt OR blouse.
- With shirt, clip-on tie with logo (Y7/Y8 : Blue and green striped / (Y9-Y11): blue, green and white striped).
- Charcoal grey trousers or navy blue tailored trousers.
- Black socks.
- Shoes – Formal, flat, black, leather.

Optional Items

Navy blue jumper with logo.

PE Kit

Compulsory PE Uniform

- Navy blue skin top.
- Navy blue polo shirt with House colour.
- Navy blue shorts with House colour OR navy blue netball skirt with House colour (netball skirt with shorts).
- Navy blue sports socks with House colour for outside sports and white sports socks for indoor sports.
- Navy blue jogging bottoms (compulsory for Dance only) but can be worn in the cold weather for P.E.
- Plain black or navy blue drawstring PE bag.
- Sports trainers should be worn for indoor activities (no high tops or plimsolls).
- Pupils should wear shin pads for football and mouth guards for rugby.

Optional Items

Navy blue tracksuit.

For all activities on the field, we STRONGLY recommend that pupils

"Sick or fit, bring our kit." All pupils, even if they are injured or unable to do P.E., should bring their P.E. kit along with a note from home, as they will still be required to take part in lessons acting as coaches, choreographers or officials if possible.

Jewellery

A wristwatch may worn, but no smart watches.

If ears are pierced, there is to be only one small, round silver or gold stud in each ear.

Hair

Hairstyles (length and colour) must be appropriate for school. No hair art or shaven heads.

Bags

All bags should be waterproof and big enough to hold an A4-sized folder. They must be plain black, dark blue or dark grey only, with no logos or writing.

Coats

Plain navy, black or dark grey (one colour, no pattern, logo or writing) and large enough to wear over a blazer.

The following items are not allowed:

Shoes – No open-toed shoes, no boots, no suede or cloth shoes, no trainers of any kind.

Coats – No denim, leather or fur coats. No fleeces, hooded sweatshirts or tracksuit tops. For security reasons, we do not allow pupils to wear hats, hoods or caps inside.

Make-up – No pupil is allowed to wear make-up, nail varnish, false nails, false eyelashes or fake tan. Pupils are not allowed to have tattoos.

Jewellery – No pupil is allowed to wear rings, nose studs, facial piercings, bracelets, body piercings, chains or necklaces. Any jewellery not conforming to the School Rules will be confiscated and returned at the end of the half-term.

ALL UNIFORM AND P.E. KIT MUST BE CLEARLY NAMED

Please note the information about uniforms can be obtained by contacting Cladish in Wallington:

Cladish
29-31 Woodcote Rd
Wallington SM6 0LH
Tel.: 020 8647 1013

[https://cladishsports.co.uk/schoolwear/senior-schools/
glenthorne/](https://cladishsports.co.uk/schoolwear/senior-schools/glenthorne/)



GHS Update

Cucina Menu

September 2025

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WEEK 2

Cucina

Week Commencing: 01/09/2025 22/09/2025 13/10/2025 03/11/2025

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

MONDAY

Traditional Sausage & Mash with Onion Gravy

TUESDAY

Chicken Arrabiata Pasta Bake with House Salad

WEDNESDAY

Hand Carved Roast British Turkey, Crisp Roasties, Seasonal Vegetables, & House Gravy

THURSDAY

Kung Pao Chicken, Served with Egg Fried Rice

FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

VEGETARIAN MAIN MEALS

MONDAY

Vegan Sausage Casserole with Gravy (VE)

TUESDAY

No Waste Cauliflower Cheese Pasta Bake (V)

WEDNESDAY

Cheddar, Squash and Roasted Red Pepper Quiche with Garden Salad (V)

THURSDAY

Eggplant Katsu (V)

FRIDAY

Sundried Tomato & Cheddar Turnovers (V)

DESSERTS

MONDAY

Islah Apple Cake

TUESDAY

Warm Blueberry Sponage

WEDNESDAY

Apple & Mixed Berry Crumble with Vanilla Sauce

THURSDAY

Banana Pudding with Custard

FRIDAY

Fruit, Jelly & Yogurt 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



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

Buffalo Cauliflower Wings on Salt & Pepper Wedges (VE)

TUESDAY

Vegan Singapore Noodles (VE)

WEDNESDAY

Singapore Fried Rice (VE)

THURSDAY

The Big Plant Burger (VE)

FRIDAY

Garlic & Chilli Noodles (VE)

TRATTORIA

MONDAY

Tomato & Basil Pasta

TUESDAY

Pasta in a Cheese Sauce

WEDNESDAY

Mozzarella & Tomato or Pepperoni Pizza

THURSDAY

Creamy Pesto Pasta

FRIDAY

Margherita Pizza