

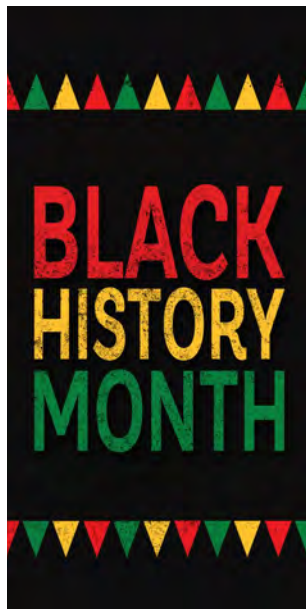
GHS Update

Achievement for All

W/C 29.9.2025

September 2025

Issue No. 143



Black History Month

On Monday 29th September the Head Students will be launching our Black History month celebrations to the whole school. Throughout the month of October events will be held across the curriculum, both inside and outside lessons as part of our Black History Month.

Details shared in the update next week!



House Community Clean-up

On Friday and across last weekend, our pupils proudly took part in World Cleanup Day, joining millions of volunteers across the globe in a united effort to tackle litter and protect our environment.

Armed with gloves, litter pickers, and a strong sense of purpose, pupils from across year groups ventured into the local community to collect rubbish and raise awareness about the importance of keeping our spaces clean. The activity was not only a chance to make a visible difference but also an opportunity to reflect on the impact of waste and the importance of sustainability.

The event was part of a wider initiative to promote environmental responsibility and citizenship among students. Many pupils commented on how eye-opening the experience was and expressed a desire to continue making positive changes in their local community.

It was fantastic to see our pupils so engaged and enthusiastic about making a difference. They showed real pride in their community and worked brilliantly as a team.

We are incredibly proud of everyone who took part and demonstrated that small actions, when multiplied, can lead to big change.



Looking Ahead

A Week

Black History Month “Dig deeper, look closer, think bigger.”

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

Inset Days

Wednesday 22nd October

Thursday 23rd October

Friday 24th October

October Half Term

Monday 27th October -

Friday 31st October



GHS Update

WELLBEING

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Consistent Attendance Supports Mental Health

Routine and structure help children feel secure and reduce anxiety. Being part of the school environment provides access to emotional support and promotes wellbeing.

Mental Health & Emotional Wellbeing Tip

Practice mindfulness - It reduces stress and improves focus. Try a 5 minute breathing exercise once a week.

Parents & carers with disabilities

The school has a duty to ensure it meets the needs of people with disabilities who use its services. Through the admissions procedures, the school receives information about individual pupils. The school would however, like to ensure that we are able to put any necessary arrangements in place for visiting parents/carers with disabilities. If you have any disability which may affect how you access the school, please let us know by emailing us at:-

reception@glenthorne.sutton.sch.uk



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.

Education Wellbeing Service

South West London and St George's Mental Health

Upcoming Events For Secondary Parents Autumn Term 2025

Supporting your teenager's mental health webinars

<p>3RD NOV 25 6 PM-7.30 PM</p> <p>Healthy habits in teenagers with Autism</p> <p>SCAN OR CLICK HERE</p>	<p>4TH FEB 26 12.30 PM-2 PM</p> <p>SCAN OR CLICK HERE</p>
<p>11TH NOV 25 1 PM-2 PM</p> <p>Understanding and supporting teen sleep</p> <p>SCAN OR CLICK HERE</p>	<p>11TH NOV 25 7 PM-8 PM</p> <p>SCAN OR CLICK HERE</p>

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](#)

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

wellbeinginschoolsevents@swlsg.nhs.uk



GHS Update

Cucina Menu

September 2025

Issue No. 143

WEEK 3 Cucina

Week Commencing: 08/09/2025 29/09/2025 20/10/2025

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
<p>MONDAY Creamy Tuscan Chicken with Smoked Paprika Wedges</p> <p>TUESDAY Beef Bolognese with Wholemeal Pasta & House Salad</p> <p>WEDNESDAY Roast Shoulder of Pork or Salt & Pepper Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy</p> <p>THURSDAY Chicken Tikka Masala with Pilau Rice</p> <p>FRIDAY Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas and Tartare Sauce</p>	<p>MONDAY Baked Courgette & Tomato Gratin with Smoked Paprika Wedges (V)</p> <p>TUESDAY Plant Based Bolognese with Wholegrain Pasta and House Salad (V)</p> <p>WEDNESDAY Vegan Sausage Turnover, Crisp Roasties, Seasonal Vegetables & House Gravy (VE)</p> <p>THURSDAY Chana Masala Served with Pilau Rice (V)</p> <p>FRIDAY Vegan Quorn & Ranch Burger Served with Chips & Peas (VE)</p>

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

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chocolate & Biscuit Brownies	Halv Avocado Meringue & Custard	Strawberry & Lemon Cheesecake & Custard	Baked Apples with Cinnamon & Raisins	Tiramisu, Apple & Raspberry Delish

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

NATURally

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fork Friendly Falafel Kebab (V)	Vegan Singapore Noodles (V)	Spiced Paneer & Red Onion Naan (V)	Onion Bhaji Skewer with Bombay Potatoes (VE)	Garlic & Chilli Noodles (VE)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Basil Pasta	Pasta in a Cheese Sauce	Mozzarella & Tomato or Pepperoni Pizza	Creamy Pesto Pasta	Margherita Pizza

Train to Teach



Webinar



Thursday 16th October 2025
5-6 pm

Find out about our training programme, and how to apply for September 2026

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