



GHS Update

Achievement for All

W/C 06.10.2025

October 2025

Issue No. 144



Celebrating Black History Month

Subject	Black History Month
Art/ Photography	<ul style="list-style-type: none"> Reference and celebrate Black artists' work, linking to the pupils' project themes. Pupils will explore artists' work and approaches/techniques in their artwork, taking inspiration when creating their own artwork.
Business	<ul style="list-style-type: none"> Guess the Entrepreneur – famous Black entrepreneurs (Match the product / service with the entrepreneur – using the information in the display outside of A27) Research and Tell – Select one of these inspiring Black British entrepreneurs, research their bio, their business and present your findings for a prize.
Computer Science	<ul style="list-style-type: none"> Aim for Computer science: This year, as well as recognising the achievements of Black computer scientists, past and present, we will focus on raising awareness of the term: "Afrofuturism" – this is a genre that expresses notions of Black identity, agency and freedom through art, creative works and activism that envision liberated futures for Black lives . Technology is a key part of Afrofuturism, both in how works are created and the types of themes they explore. Notice board in the corridor will contain posters of Black computer scientists detailing their achievements and contributions to Computer science.
Dance	<ul style="list-style-type: none"> Afro Workshop with Israel (Year 13) Jazz curriculum (BTEC) reflecting on influential Black dancers and choreographers Brief overview of Alvin Ailey (A-Level) Jazz and Street Dance will have an exploration week where they will introduce students to influential Black choreographers/dancers in designated genre during the month
D & T	<p>Across the year groups we will be looking at different Black designers, their work and their influence.</p> <ul style="list-style-type: none"> Ann Lowe, Fashion Designer Naomi Campbell and Alek Wek David Adjage, Architect Elsie Owusu, Architect Kushedha Mensa, Furniture Designer
English	<ul style="list-style-type: none"> In Glenthorne Magazine, we are encouraging students to write articles to spotlight a significant person from the Black community, write a film or music review or report on BHM around school. In Page to Stage, a club that looks at adaptation - Mrs Stewart will be running a session on 'Noughts and Crosses'. and in addition to this, Mrs Baccam will be looking at the lyrics in the song 'My Shot' from Hamilton to discuss the theme of speaking up and equal rights. Miss Perry will be celebrating the work of famous Black writers Malorie Blackman and Toni Morrison. She will use extracts from their work to discuss and analyse their approaches on characterisation, setting and structure, culminating in creative imitation exercises that the students can apply to their own writing.



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

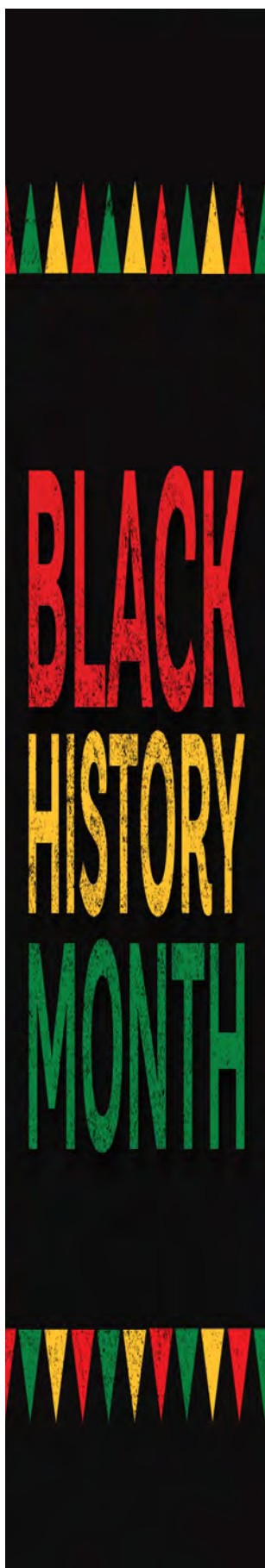
Thursday 23rd October

Friday 24th October

October Half Term

Monday 27th October -

Friday 31st October





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Film Studies	<ul style="list-style-type: none"> Profile the work of Steve McQueen, specifically his Small Axe anthology released in 2020 and his upcoming film Blitz.
Geography	<ul style="list-style-type: none"> Looking at the example of Hurricane Katrina with Year 10 and discussing how different racial backgrounds were affected. This will include evaluating the US government response and how it may have been impacted by racial prejudice in the area.
Health & Social Care	<ul style="list-style-type: none"> Will be completing a HW task where they research the work of Mary Seacole as part of their theory and knowledge of the care values in nursing . A Celebration of the contributions of Black scholars and Black practitioners to the field of Immunisation. We will carry out a research project into the historical recruitment drive and subsequent contributions of staff from the Caribbean to work in the new NHS following the Second World War in combating the labour shortages in England.
History	<ul style="list-style-type: none"> In PRE Club they will focus on James Cone's liberation theology and link it to philosophy. In History Society next week, they will be discussing the significance of the golden thirteen - the first African American naval officers.
Maths	<ul style="list-style-type: none"> Research homework set at KS3 to explore Black mathematicians and their contributions to mathematical theory and ideas. Poster display with a variety of Black mathematicians will be shared with teachers and classes in lessons as a starting point.
Media & Sociology	<ul style="list-style-type: none"> Explore the academic work of Stuart Hall, Paul Gilroy and Bell Hooks.
Music	<ul style="list-style-type: none"> A look at Calypso, Blues and Jazz music. Pupils will explore the context of the style of famous Black artists and perform practical concepts from these styles Relative listening starters looking at prominent Black artists and their impact on the music industry.
PE	<ul style="list-style-type: none"> We have a display celebrating the successes of Black athletes in different sports.
Psychology	<ul style="list-style-type: none"> Will be marking Black History Month by celebrating the contributions of Black scholars and Black practitioners to psychology.
RS	<ul style="list-style-type: none"> In Philosophy club - looking at Black philosophers such as Frederick Douglass, Sojourner Truth, Stuart Hall, Angela Davis, Cornell West, to name a few. We will be looking at their ideas and debating and discussing the questions their work raises. Y9 are currently studying a module on racism which will carry on into October.
Science	<ul style="list-style-type: none"> KS3 pupils will be creating posters to highlight the invaluable contributions of Black scientists to the world of science. These posters will showcase the remarkable achievements and work of these scientists and will be displayed in our school's hub.

Sporting Results

Year Group	Sport	Opponent	Result
Year 7	Football	Overton	Won 7 - 0
Year 8	Football	Cheam	Lost 3 - 1
Year 10	Football	St. Andrews	Lost 5 - 2
Year 11	Football	Glyn	Lost 2 - 0
ACD	Football	Glyn	Lost 3 - 1

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Dungeons & Dragons

On Monday 27th October our pupil Dungeons and Dragons Club will once again be delivering a D&D event for the public at the British Library.

The pupils have written the adventure themselves and are also working with a freelance artist to create artwork to support it.

The event will take place within the British Library's "Secret Maps" exhibit which showcases rare and mysterious maps dating from the 14th century to today.

The exhibit will be closed for our pupils to set up and deliver this event for the public, which is aimed at neurodivergent youth and their families.

This is a free event but has limited tickets, if you'd like to sign someone up, follow the link below.

Here are the full details of the event:

Where: British Library, 96 Euston Rd., London NW1 2DB.

When: Mon 27 Oct 4-7 pm.

Food and drink are not allowed in the area where the event takes place, but there is a café on the floor above us.

Booking Link:

[Relaxed Event: Secret Maps, Dungeons and Dragons | British Library](#)



Macmillan Coffee Morning

Durning last Friday's brektime and lunch the Head Student Team held Glenthorne's Macmillan Coffee morning. It was a great success with many baked goods donated by year groups and staff. There were great examples of home baking with a variety of items on offer, ranging from chocolate brownies to expertly decorated cupcakes, sponges, carrot cakes and corn flake treats. Some of the cakes were highly decorated. Everyone involved contributed to raising money for Macmillan, an amazing charity that provides support and assistance to individuals and families affected by cancer.



Well done to the Head Student Team for their amazing organisation and raising over £282 towards the World's Biggest Coffee Morning!





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

Talk about your feelings - Bottling emotions can lead to anxiety. Share how you're feeling with a trusted adult or friend weekly.

NHS wellbeing and mental health practitioners

WHO ARE WE?

We are NHS wellbeing and mental health practitioners. We work in schools with young people who are starting to experience anxiety or low mood and are NOT already getting professional support, like counselling or CAMHS.

WHAT DO WE DO?

We help young people understand the difficulties they are experiencing and teach them tools and coping strategies they can use to help with their anxiety or low mood. We meet individually with young people for up to eight sessions. Sessions are an hour long and take place in school.

WHO DO WE SEE?

We see young people who are experiencing:

Low Mood

- Feeling sad, lonely, irritable, worthless or 'empty'
- Losing interest in activities you used to enjoy
- Changes to eating/sleeping habits or motivation
- Withdrawing from family & friends

Anxiety

- Frequent worry or overthinking
- Feeling anxious in social situations
- Specific phobias, like crowded places or being sick
- Exam stress or performance anxiety
- Avoiding lessons/activities/school due to anxiety

How does my child apply?

Use the QR Code Below or click here to complete a referral form.

Secondary Referral Form - Merton & Sutton Educational Wellbeing Service



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 NHS Foundation Trust

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 a free 1:1 support programme for young people to support their mental health. Speak to your school or contact us: [support@swl.nhs.uk](#)



GHS Update

Cucina Menu

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WEEK 1
Cucina

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

CLASSIC HOT & HEARTY	
CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
<p>MONDAY Lemon & Herb Piri Piri Chicken with Spicy Rice</p> <p>TUESDAY Chicken Chow Mein</p> <p>WEDNESDAY Honey Glazed Roast Gammon or Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy</p> <p>THURSDAY Mexican Style Beef & Tortilla Lasagne</p> <p>FRIDAY Chip Shop 'Fryday' Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce</p>	<p>MONDAY Piri Piri Quorn, Macho Peas and Spicy Rice (VE)</p> <p>TUESDAY Hoisin Tofu Chow Mein (VE)</p> <p>WEDNESDAY Crunchy Topped Macaroni Cheese, House Salad or Seasonal Veg(V)</p> <p>THURSDAY Smokey Plant Based Chilli, Served with Rice, Nachos & Corn (V)</p> <p>FRIDAY BBQ Bean Burger with Chunky Chips & Peas (V)</p>

DESSERTS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spiced Friespike Lentils with Yoghurt Sauce	Apple Strudel & Custard	Chocolate Baklava & Chocolate Sauce	Spiced Breads with Chutney	Fruit, Jelly & Peanut 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pakistani Tarka Dhal (VE)	Vegan Singapore Noodles (VE)	Vegan Ramen Bowl (VE)	The Big Plant Burger (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

Inspiring
Future
Teachers

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