

GHS Update

Achievement for All

W/C 13.10.2025

October 2025

Issue No. 145



Sixth Form Open Evening

We were delighted to welcome approximately 750 visitors to the Sixth Form Open Evening on the 8th October. Mr Murphy, Director of Sixth Form, gave three speeches, outlining the recent successes and destinations of the students, as well



as showcasing the opportunities, both academic and extra curricular, that are on offer at the school. Students were then able to tour different departments, talk to staff members, which will hopefully support them in making decisions about the next steps.



It was an extremely constructive and positive evening for Year 11s, who now have until **17th November** to submit their application forms.



Looking Ahead

A Week

“Every time a woman stands up for herself, she stands up for all women.” Maya Angelou

Wednesday 15th October

Year 7 Welcome Evening

Monday 20th October

Year 7 Literacy & Numeracy 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

Wednesday 5th November

Year 11 Revision Evening



Senior Maths Challenge

On Thursday 9th October, ninety one of our Sixth Form Mathematicians took part in the UKMT Senior Maths Challenge. We hope the problem solving skills this extremely difficult challenge required helps our Sixth Form pupils develop aptitudes for Further Education and indeed careers in STEM fields. The students enjoyed the experience and the challenge, it is also incredibly valuable experience that can enhance UCAS applications.



Afro Dance Workshop



During Black History Month, our Head Boy Israel led an inspiring Afro Dance Workshop that brought energy, unity, and cultural pride to the heart of our school. His leadership and passion for Afro dance not only showcased the richness of African heritage but also empowered pupils to connect through rhythm, movement, and joy. The workshop was a vibrant celebration of identity and expression, leaving everyone uplifted and proud.

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Drama - Black History Month Workshop



A Practical Exploration of Small Island

Lead by Professional Actor,
Kwaku Ankomah

15th October – 3.30 – 5.30pm.

It tells the story of Hortense and Michael who emigrated from the Caribbean to England on the Empire Windrush in 1948. It shows the relationships they form, and the challenges they face starting a new life in a new country.

Year 9 plus.



Sporting Results

Year Group	Sport	Opponent	Result
Year 7	Football	Oaks	Drew 2 - 2
Year 8	Football	Oaks Park	Drew 2-2
Year 9	Netball	Overton	Won 18-1
Year 10	Netball	Overton	Won 22-0

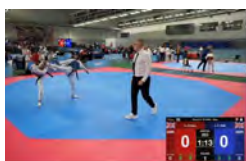


Past Pupil Success

A huge congratulations to past pupil Jay Lycurgo who is currently starring opposite Cillian Murphy and Tracey Ullman in Netflix's new film 'Steve' (rated 15.) Jay completed Drama A Level, Drama BTEC and Media Studies at Glenthorne before going to ArtsEd Drama School in west London. His performance is absolutely fantastic and well worth a watch.



British National Taekwondo Championships



Congratulations to Joo in Year 9 who took part in the British National Taekwondo Championships last weekend and won the Bronze medal. He has work very hard and had an amazing experience competing at this level.

Well done Joo.





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WELLBEING

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Strong Attendance Builds Social Skills and Friendships

Regular attendance helps children form and maintain peer relationships, which are vital for emotional development and a sense of belonging.



Mental Health & Emotional Wellbeing Tip

Limit Screen time - Too much can affect mood and sleep - *Share how you're feeling with a trusted adult or friend weekly.*



South London Children and
Young People's Community
Immunisation Service

Missed the flu vaccine?

**Do you have a child who lives in or attends
school in Sutton? Aged 4-16?**

Come along to a flu clinic and protect your child!

NO appointment required.

Saturday 11 October, 10:00 – 14:00
5th Sutton Scout Hall, SM1 4JN

Tuesday 28 October, 12:30 - 16:00
5th Sutton Scout Hall, SM1 4JN

Thursday 30 October, 10:00 - 14:00
Liberty Primary School, CR4 3EB

Saturday 22 November, 10:00 - 14:00
New Horizon Centre, CR4 1LT

**Call 020 3903 3371 / 3373
for more information!**



Flu Consent Link - Sutton

September 25





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WELLBEING

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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.

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.



Second Hand Uniform Sale

We will be holding a second hand uniform sale on Wednesday 22nd October from 13:30 - 15:00. The event will work on a first come, first served basis. This event will take place in our main school hall.

We have a limited amount of second-hand uniform on offer and please be aware, that there will not be any school ties available.

Our apologies, but we are not able to reserve items.

LAMDA - A brilliant opportunity for your child

- Develop characterisation and interpretive skills by exploring dramatic texts.
- Build your Lamda qualification to count towards UCAS points for Higher Education.



LAMDA

Exams & Qualifications

Any Questions please email or speak to Mr Grice (JGR)
#GHSdrama

All Year Groups
Welcome
Friday Afterschool
3:15 - 5:15
PDH

We're delighted to offer pupils at Glenthorne the chance to take part in **LAMDA (London Academy of Music & Dramatic Art) Acting and Performance Exams** this academic year.

When: Fridays, 3:15 – 5:15 PM

Where: Glenthorne Drama Department

Cost: £10 per week

Optional Exam Fees: £55–£110 (depending on grade, payable approx. twice a year)



GHS Update

Cucina Menu

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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	VEGETARIAN MAIN MEALS
MONDAY Traditional Sausage & Mash with Onion Gravy	MONDAY Vegan Sausage Casserole with Gravy (VE)
TUESDAY Chicken Arrabiata Pasta Bake with House Salad	TUESDAY No Waste Cauliflower Cheese Pasta Bake (V)
WEDNESDAY Hand Carved Roast British Turkey, Crisp Roasties, Seasonal Vegetables, & House Gravy	WEDNESDAY Cheddar, Squash and Roasted Red Pepper Quiche with Garden Salad (V)
THURSDAY Kung Pao Chicken, Served with Egg Fried Rice	THURSDAY Eggplant Katsu (V)
FRIDAY Chip Shop 'Fryday' Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce	FRIDAY Sundried Tomato & Cheddar Turnovers (V)

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
Apple & Raisin Cake	Warm Bread & Cheese	Apple & Raisin Cake with Vanilla Sauce	Banana Bread with Custard	Truffle Cake & Yorkshire Pudding

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
Buffalo Cauliflower Wings on Salt & Pepper Wedges (VE)	Vegan Singapore Noodles (VE)	Singapore Fried Rice (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

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

TRANSITION FROM CHILDREN SERVICES TO ADULT SERVICES

With:

Claire Jackson, Designated Social Care Officer

Meera Padhair, Transition Team, Adult Social Care

Emma Morris, Lead EHCP Coordinator

WORKSHOP FOR PARENT/CARERS

An opportunity for parents and carers to learn more about the transition of young people with SEND from children to adult services in Sutton

SPACES ARE LIMITED REGISTER NOW

10.30am to 11.30 am

Thursday 13th November 2025

Westcroft Leisure Centre, Westcroft Road, Carshalton SM5 2TG.

Email: localoffer@sutton.gov.uk