

GHS Update

Achievement for All

W/C 20.10.2025

October 2025

Issue No. 146



Dear Parents and Carers

As part of our commitment to celebrating cultural diversity and fostering an inclusive school environment, we are delighted to announce that we will be celebrating Diwali, the Hindu Festival of Lights, on Tuesday 21st October.

To mark this special occasion, we will be holding a Whole School Assembly where pupils will learn about the significance of Diwali, its traditions, and the values it promotes such as light over darkness and good over evil. This will be a wonderful opportunity for all children to deepen their understanding of different cultures and beliefs.

In addition, we warmly invite pupils who celebrate Diwali to come to school wearing their traditional Hindu clothing on the day. This is a chance for them to share their heritage with pride and for others to appreciate the beauty and richness of Hindu culture.

We kindly ask that any traditional attire worn is suitable for a school day and allows pupils to participate comfortably in all activities.

Thank you for your continued support in helping us create a vibrant and respectful school community.

Wishing all families celebrating a joyful and prosperous Diwali!

Warm regards

Dr S Peacock



Author Visit from Dave Rudden

On Wednesday 15th October, Year 7 were treated to a hilarious and engaging talk with best-selling author and screen-writer Dave Rudden. Dave discussed his new novel, *Conn of the Dead* and provided interesting insight into the creative writing and the film industries.



 Looking Ahead

B Week

“The purpose of life is to believe, to hope and to strive.”
Indira Ghandi

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

GHS Update

Achievement for All

W/C 20.10.2025

October 2025

Issue No. 146



Year 7 Hastings Visit



Geography and History departments took Year 7 to the Coast at Hastings for a joint History/Geography adventure on Monday and Tuesday. For the History side of the visit, we looked at Hastings



Castle, built shortly after the Norman invasion of 1066. Pupils examined the ruins, visited the dungeons and saw the original Motte and Bailey layout. The pupils understood why William decided to build his castle there as there was an excellent view over the sea and beach, which would help them defend the coastline. The geography teachers introduced the Year

7s to the power of the waves to shape a coastline and essential fieldwork skills. Both activities set up pupils well for upcoming units of work. Pupils learnt lots and were a credit to the school!



Borough Sports Success: Mixed Schools Cross Country Champions!

We are thrilled to announce that Glenthorne High School has emerged victorious in the Mixed Schools Cross Country Competition, held as part of this year's Borough Cross Country event. Our team of dedicated runners showcased incredible determination, teamwork, and athleticism to secure the top spot against strong competition from across Sutton.

The event saw pupils from Year 7 through Year 13 competing in challenging conditions, with muddy trails and tough terrain testing their endurance. Despite this, our athletes rose to the occasion, with standout performances from both our boys' and girls' teams. Their combined efforts earned us the overall title

Some highlights include:

Yr7 Thea - 15th Yr8 Max - 14th Yr11 Danilo - 12th

Harriet, Emi, Esme 18th, 19th and 20th respectively.

6th Form Chris - 2nd and Sam - 3rd

All this success meant that we regained our crown as mixed schools' champions! A well-deserved reward for our pupils' efforts and they represented Glenthorne brilliantly with gutsy performances and impeccable behaviour. We look forward to attempting to retain our title next year!



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.

Cash or card will be accepted but not American Express cards.

GHS Update

Achievement for All

W/C 20.10.2025

October 2025

Issue No. 146



Year 7 Welcome Evening



Parents met form tutors, were updated on their child's transition to high school and treated to wonderful dance, drama and music performances from Year 7. A great success. Thank you to all Year 7 tutors, AHOYs and Performing Arts departments for all their hard work.

Sporting Results

Year Group	Sport	Opponent	Result
Year 9	Netball	St. Phils	Lost 13 - 11
Year 10	Netball	St. Phils	Won 11 - 15

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)

#GHS Drama

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

WELLBEING

October 2025

Issue No. 145



Opportunities Increase with Good attendance

Children who are consistently present are more likely to take part in extra-curricular activities, leadership roles, and enrichment programmes that boost confidence and future prospects



Mental Health & Emotional Wellbeing Tip

Stay hydrated - Dehydration affects energy and mood.
→ Aim to drink 6–8 glasses of water daily .

5 Ways to Wellbeing

When you're struggling with your mental health, it can feel difficult to maintain any kind of a routine. However, trying to stick to some daily...



Connect

Connect with the people around you: with family, friends, colleagues and neighbours, at home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you everyday.



Be Active

Go for a walk or run, step outside, cycle, play a game, garden or dance – exercising makes you feel good. Most be active importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



Take notice

Be curious, catch sight of the beautiful, remark on the unusual, notice the changing seasons, savour the moment and be aware of the world around you and what you are feeling.



Keep Learning

Try something new, rediscover an old interest, sign up for that course, take on a different responsibility at work, set learning a challenge you enjoy achieving – Learning new things will make you more confident as well as being fun.



Give

Do something nice for a friend or a stranger, thank someone, smile, volunteer your time, join a community group – Seeing yourself and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.

You don't have to do all 5 actions everyday straight away but trying to try to do one or two can be a good place to start.



GHS Update

Cucina Menu

October 2025

Issue No. 146

WEEK 3

Cucina

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

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

MONDAY

Creamy Tuscan Chicken with Smoked Paprika Wedges

TUESDAY

Beef Bolognese with Wholemeal Pasta & House Salad

WEDNESDAY

Roast Shoulder of Pork or Salt & Pepper Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

THURSDAY

Chicken Tikka Masala with Pilau Rice

FRIDAY

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

VEGETARIAN MAIN MEALS

MONDAY

Baked Courgette & Tomato Gratin with Smoked Paprika Wedges (V)

TUESDAY

Plant Based Bolognese with Wholegrain Pasta and House Salad (V)

WEDNESDAY

Vegan Sausage Turnover, Crisp Roasties, Seasonal Vegetables & House Gravy (VE)

THURSDAY

Chana Masala Served with Pilau Rice (V)

FRIDAY

Vegan Quorn & Ranch Burger Served with Chips & Peas (VE)

DESSERTS

MONDAY

Chocolate & Banana Brownie

TUESDAY

Caly Apple Crumble & Custard

WEDNESDAY

Sticky Lemon Sponge & Custard

THURSDAY

Baked Churros with Chocolate Sauce

FRIDAY

Fruit, Jelly & Yoghurt 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

Fork Friendly Falafel Kebab (V)

TUESDAY

Vegan Singapore Noodles (V)

WEDNESDAY

Spiced Paneer & Red Onion Naan (V)

THURSDAY

Onion Bhaji Skewer with Bombay Potatoes (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

