

GHS Update

Achievement for All

W/C 24.11.2025

November 2025

Issue No. 149



Glenthorne Sponsored Sleepout – A Huge Success!



On Friday 14th November 2025, 13 dedicated Sixth Form students, along with Mr Boniface and Ms Homewood, took part in the Glenthorne Sponsored Sleepout to raise funds for Shooting Stars, a children's hospice charity.

With an initial target of £200, the team's efforts far exceeded expectations, raising an incredible **£1,428!** This amazing achievement reflects the commitment and generosity of our pupils and staff, as well as the support from the wider school community.

A huge thank you to everyone who donated and supported this event. Your contributions will make a real difference to the lives of children and families supported by Shooting Stars.



Year 7 & 8 Pupils Brighten Up the Local Park with Daffodil Planting

This week, 35 Year 7 and 8 pupils took part in a fantastic community initiative to bring a splash of colour to our local park. Armed with spades, gloves, and plenty of enthusiasm, the students worked together to plant a thousand daffodil bulbs that will bloom in the spring, creating a vibrant and welcoming space for everyone to enjoy.

The event was more than just gardening - it was about teamwork, responsibility, and giving back to the community. Pupils showed great determination and care as they prepared the soil and planted each bulb, knowing their efforts will make a lasting impact.

A huge thank you to the local council staff and volunteers who supported the activity, and to our pupils for their hard work and positive attitude. We look forward to seeing the park come alive with colour in the spring!

🕒 Looking Ahead

B Week

"Mathematics rightly viewed possesses not only truth but supreme beauty." Bertrand Russell

KS3 Glenthorne Celebrates
Wednesday 26th November

Year 7 - 11 Flu vaccinations
Thursday 27th November

Inset Day
Monday 1st December

Year 9 Virtual Parents' Evening
Wednesday 3rd December

KS4 Glenthorne Celebrates
Wednesday 10th December

Pupil's Christmas Lunch
Pupil's Christmas Jumper Day
Thursday 11th December

Annual Carol Concert
Monday 15th December

KS5 Glenthorne Celebrates
Wednesday 17th December

Last Day of term
Friday 19th December



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House Annual Swimming Gala Success!

Monday's House Swimming Gala was a fantastic celebration of talent, teamwork, and house spirit. Pupils from year 7 & 8 took to the pool, giving their all in a series of exciting races. The atmosphere was electric, with cheers echoing around Cheam baths for all swimmers!

Every participant showed incredible determination, with some races coming down to a fingernail difference! But after a thrilling evening of competition, **Morris House emerged as the overall champions!** Their swimmers displayed outstanding skill and consistency across all events, securing the top spot and earning well-deserved bragging rights.

Beyond the winners, the event highlighted the camaraderie and sportsmanship that make our school community so strong.

A huge thank you to all participants, staff, and supporters who made the gala such a success. We look forward to seeing even more excitement at next year's event!

Sporting Results

Year Group	Sport	Opponent	Result
U16 Girls	Football	Oaks park	Won 5 - 0
Yr9 Boys	Football	Greenshaw	Won 6 - 0



Year 8 - Samba Workshop

On Monday and Tuesday this week, Year 8 pupils participated in a fantastic workshop by the company Inspire Works learning about Samba Music which links to their Year 8 Scheme of Work 'Rhythms Around the World'. The pupils had the opportunity to learn to play different Samba instruments such as the Surdo, Tambourim, Kasha, Repenique, Ganza and Agogo. They learnt about the culture of Samba Music and that it originated in Brazil, specifically Rio De Janeiro and learnt to play different musical rhythms all in time with each other, which

they all performed successfully and with fantastic behaviour! We hope the pupils enjoyed this fantastic experience and have managed to take away different musical techniques, rhythms and an understanding about the culture!



Olympic Park - Data Collection

Our Year 11 pupils enjoyed a trip to Stratford, East London despite the weather conditions. They have behaved impeccably as they investigated the area around the Olympic Park and collected data on how successful the regeneration has been. This will support them in their Paper 3 exam and also give further understanding of a key case study for Paper 2. Well done to all involved.



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Creative Pathways Presentation for Year 11 & Sixth Formers



We were delighted to host Miss Rose, a representative from the University for the Creative Arts (UCA), who gave a highly engaging presentation to our Year 11 and Sixth Form students on creative careers and future pathways.



In a world where "blue sky thinking" drives groundbreaking industries, creative skills are now recognized as a strategic and vital component of any successful professional's portfolio. Miss Rose emphasized this by sharing a powerful quote from Steve Jobs:

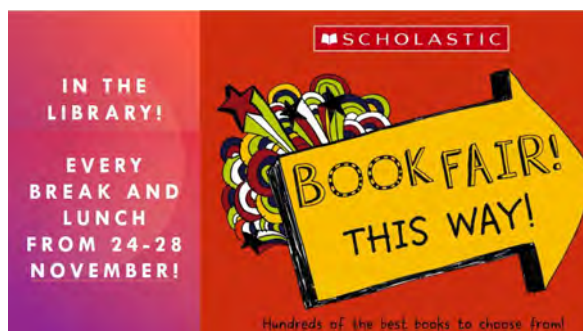
"Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something. It seemed obvious to them after a while. That's because they were able to connect experiences they've had and synthesize new things."

During the session, Miss Rose spent just under an hour discussing University life, the importance of networking, and strategic career planning within the creative industries. The students greatly benefited from her insights and had the opportunity to ask questions about charting their course in these exciting fields.



In to Win – Week Beginning 24th November & Final Week of Term!

As we move into the later part of the term and face those dark mornings and evenings, we want to keep attendance strong! Our In to Win initiative is here to help. Every pupil who attends school for the full week starting Monday 24th November and again during the final week of term will be entered into a raffle at the end of each of those weeks to win an exciting prize. Two chances to win - let's stay committed and finish the term strong, because every day counts!





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WELLBEING

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Attendance Fact of the week

Children who attend school consistently are less likely to experience anxiety about falling behind.



Mental Health & Emotional Wellbeing Tip

- *Avoid negative self-talk – It damages self-esteem.
→ Write down one positive thing about yourself each week.*



Sutton Neurodevelopmental Needs One Stop Shop

Support and advice for families with neurodevelopmental (ND) related needs like social skills, concentration levels or coping with change.

A new drop-in service for Sutton families of children and young people aged between 5-18, with challenges which may be related to a neurodevelopmental presentation (Autism or ADHD). This could include emotional difficulties, behavioural challenges, problems with sleep, friendship issues, sensory difficulties, attention and concentration difficulties, and hyperactivity and impulsivity. Our health and care professionals can provide information, advice and signposting, and help you access services.

- Drop-in service - no need to book
- Supportive and friendly environment
- Attend as a family, on your own or with other people who care for the young person (young people must be accompanied)
- All families from Sutton are welcome, whether or not you are on a waiting list
- No diagnosis needed
- Attending will not change your position on any waiting list

The Sutton ND Needs One Stop Shop will be held at:

Sutton Carers Centre
Sutton Gate, 1st floor
1 Carshalton Road
Sutton, SM1 4LE

Opening hours:

- 20 October 2025, 13:00-16:00
- 03 November 2025, 13:00-16:00
- 17 November 2025, 13:00-16:00
- 01 December 2025, 13:00-16:00
- 15 December 2025, 13:00-16:00



For more information contact needsbasedneuro@swlstg.nhs.uk

EXERCISE TO IMPROVE MOOD WORKSHOP

Sutton Sports Village and the Education Wellbeing Service are working together to deliver a workshop and free gym membership trial aimed at supporting the wellbeing of 11-18 year olds in the local area.

The workshop is designed to help people understand the positive benefits of physical activity on emotional wellbeing. This will be followed by a gym induction with a fitness instructor and use of the gym facilities through a free one month membership trial.

Location: Sutton Sports Village, Rose Hill Park, SM1 3HH

To find out more information and to express your interest in signing up please follow the QR code below.



Education Wellbeing Service

BETTER



GHS Update

Cucina Menu

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WEEK 2

Week Commencing: 03/11/2025 24/11/2025 15/12/2025 05/01/2026 26/01/2026
16/02/2026 09/03/2026 30/03/2026 20/04/2026

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Pork & Beef Sausage or Chicken & Beef Sausage, Served with Mash with Onion Gravy

TUESDAY

Beef Lasagne with Homemade Garlic Bread & Garden Peas

WEDNESDAY

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

THURSDAY

Sweet & Sour Chicken, Served with Fried Rice

FRIDAY

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

MONDAY

Vegan Sausage Casserole with Gravy (VE)

TUESDAY

No Waste Cauliflower Cheese Pasta Bake (V)

WEDNESDAY

Cheese, Onion & Leek Pie, Served with Seasonal Vegetables & Gravy (V)

THURSDAY

Sweet & Sour Tofu with Fried Rice (V)

FRIDAY

Jamaican Squash Pastty with Chips & Peas (V)

DESSERTS

MONDAY

Chocolate Sponge with Chocolate Sauce

TUESDAY

River & Ginger Crumble with Cinnamon Custard

WEDNESDAY

Jam Sponge with Custard

THURSDAY

Baked Churros

FRIDAY

Mol Chocolate Rocky Road

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

Cucina



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 (VE)

TUESDAY

Vegan Singapore Noodles (VE)

WEDNESDAY

Singapore Fried Rice (VE)

THURSDAY

The Big Plant Burger (VE)

FRIDAY

Garlic & Chili Noodles (VE)

TRATTORIA

MONDAY

Tomato & Basil Pasta

TUESDAY

Pasta in a Cheese Sauce

WEDNESDAY

Margherita or Pepperoni Pizza

THURSDAY

Creamy Pesto Pasta

FRIDAY

Margherita Pizza



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Along with our Christmas Jumper Day, our Christmas dinner will be available to all pupils on **Thursday 11th December**. Please ensure that your child's ParentPay account has enough funds to cover the Christmas lunch if your child wishes to participate.



FANTASTIC FESTIVE FOOD

IT'S BEGINNING TO *TASTE* A LOT LIKE CHRISTMAS!

The festive season is nearly here, bringing a delicious selection of Christmas treats to your school's food court!

CHRISTMAS DINNER DAY

We will be holding a Christmas lunch where students can enjoy a festive meal, complete with all the trimmings.

Main Course: Turkey Breast with Stuffing, Pigs in Blankets, Roast Potatoes, Seasonal Vegetables & Gravy **or** Sage, Onion & Cranberry Wellington (VG) with Roast Potatoes, Seasonal Vegetables & Gravy.

Dessert: Christmas Pudding with Vanilla Sauce **or** Festive White Confetti Cookie.



FESTIVE SPECIALS

Each day, students can look forward to a delicious seasonal treat. From our Christmas Baguette and Christmas Tree Croissants to Mince Pies, there's lots to choose from!

WE LOOK FORWARD TO CELEBRATING WITH YOU! MERRY CHRISTMAS!



£2.85

(incl dessert)



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Cucina Menu

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Halal Christmas menu



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IT'S BEGINNING TO *TASTE* A LOT LIKE CHRISTMAS!

The festive season is nearly here, bringing a delicious selection of Christmas treats to your school's food court!

CHRISTMAS DINNER DAY

We will be holding a Christmas lunch where students can enjoy a festive meal, complete with all the trimmings, with both Halal and non-Halal options available!

Main Course: Turkey Breast with Stuffing, Roast Potatoes, Seasonal Vegetables & Gravy **or** Sage, Onion & Cranberry Wellington (VG) with Roast Potatoes, Seasonal Vegetables & Gravy.

Dessert: Christmas Pudding with Vanilla Sauce **or** Festive White Confetti Cookie.

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GHS Update

Cucina Recipe

November 2025

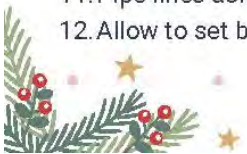
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GINGERBREAD CHRISTMAS TREE:

INSTRUCTIONS:

1. Add butter, golden syrup and sugar to a pan and stir occasionally until melted.
2. Allow to cool to room temp
3. Add flour, baking powder, cinnamon and ginger to a mixing bowl then stir together
4. Add syrup mix to form dough (it might be easier to use your hands)
5. Wrap in clingfilm and let chill for 30 mins to firm up.
6. Roll out to the thickness of a £1 coin.
7. Use a biscuit cutter to cut the shape.
8. Bake at 190°C (170°C fan) for 10-12 min until lightly golden brown.
9. While still hot insert a coffee stirrer in through the base of each biscuit.
10. Make the icing by mixing the icing sugar with the colouring and mix until smooth, add in water drop by drop, if needed, until a firm fluid consistency is reached.
11. Pipe lines across the biscuit and place smarties around the edge.
12. Allow to set before serving.



INGREDIENTS:

- 100g butter
- 3 tbsp golden syrup
- 100g dark muscovado sugar
- ½ tsp bicarbonate of soda
- 1tbsp ground ginger
- 1 tsp ground cinnamon
- 225g plain flour
- Birchwood stirrers
- Smarties

