

# GHS Update

Achievement for All

W/C 01.12.2025

December 2025

Issue No. 150



## Book Fair Bonanza



During the week of 24th November the Glenthorne Library held its annual Book Fair. Students were invited to purchase books and stationery as part of a House Team Competition, the book fair raised hundreds of pounds which will help bring new books to the library's shelves. Thank you to everyone involved in this event!



## Warhammer Club goes from strength to strength



On Wednesday 26th November members of the Library's Warhammer Club were invited to Warhammer Croydon to meet with members of staff and take part in a bespoke event designed for local schools. Pupils also aided in building the Library's Warhammer game collection which is becoming one of our most popular clubs. Thank you to everyone involved in this fantastic event!



## Year 7 Cohort X Theatre Trip – The Firework Maker's Daughter

Our Year 7 Cohort X enjoyed an exciting visit to the Polka Theatre in Wimbledon to watch The Firework Maker's Daughter. The play tells the story of Lila, a young girl who dreams of becoming a Master Firework Maker like her father. To achieve this, she embarks on an epic journey to uncover a closely guarded secret.

The performance captivated the pupils. Eva from 7L commented, "The performance was amazing. I could really tell how each of the actors felt because their acting was so good." Many students were impressed by how just five actors managed to portray so many different characters, while others were fascinated by the creative sets and dramatic lighting effects.

The pupils travelled on public transport and represented the school exceptionally well throughout the trip. It is the Y cohorts turn to see the play today, let's hope they enjoy it just as much.

## 🕒 Looking Ahead

### A Week

"Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people." (Luke 2:10)

### 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

***Pupils will be dismissed from 12:15***

Friday 19th December



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## Book Fair Bonanza



On Tuesday 25th November members of Glenthorne’s Debate team travelled to Wimbledon College to take part in the English Speaking Union’s Debate Tournament against five other schools. Although Glenthorne did not proceed to the next round, the team lost by one point and did exceptionally well against some very tough teams. It was a great evening with a lot of interesting debate topics!

## Sporting Results

Year Group	Sport	Opponent	Result
U16	Football Girls'	Effingham	Won



## Street Dance Workshop



@glenthorne\_dance

On Monday, pupils from a range of year groups came together for an exciting Street Dance Workshop with 808 Dance. The session was packed with high-energy groovy moves, giving everyone a chance to learn new skills and express themselves through dance. It was fantastic to see such enthusiasm and engagement across the school—well done to all who took part! If you would like to see a preview of the workshop head over to the Glenthorne Dance Instagram - @glenthorne\_dance



## Maths Week Success!



Over 100 pupils enthusiastically took part in Maths Week during lunchtime extra-curricular activities. Highlights included a thrilling Escape Room, challenging Dingbats, a Pi Recital, and a competitive Maths Quiz.

In lessons, pupils explored fascinating topics beyond the curriculum, such as different number systems, the beauty of the golden ratio, and the intrigue of code breaking. Maths Week was a fantastic opportunity for students to deepen their understanding and enjoy the wonder of mathematics in creative and fun ways!



## Christmas Carol Concert

Please come and join us for our Annual Christmas Carol Concert on Monday 15th December at All Saints Church in Carshalton, SM5 3AG from 6pm until 7pm. Festive refreshments will be served from 5:45pm. All are welcome.



# GHS Update

WELLBEING

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## Attendance Fact of the week

Being part of a school community helps children feel connected and supported.



## Mental Health & Emotional Wellbeing Tip

- **Ask for help** – Seeking support is a strength.  
→ Identify one adult you feel comfortable talking to.

## How parents can support their child

- Our everyday habits are important to our mental health, just as they are to our physical health.
- Make time to be with your child one-to-one so that you can listen to them and their feelings. Think about the five ways to wellbeing; connect, be active, keep learning, give to others, be mindful.
- Really encourage them to take part in some extra curricular clubs and activities either in or outside of school. Glenthorne has a huge range on offer, so encourage them to get involved. Connectedness will really help them.
- Do something together, maybe make time to do something at the weekend.
- Be a good role model when it comes to managing your own mental health and things such as managing emotions and being resilient and not giving up in the face of challenges.
- Provide a stable and consistent environment with clear boundaries.
- Be kind to yourself and look after your own mental health as this will have a beneficial impact on the wellbeing of your child.

## Worried about your child?

- Talk to them about your concerns, listen to what they have to say.
- See what solutions you can come up with together. How can you encourage them to be resilient and to face or overcome how they are feeling or what they are facing? They should not avoid something which is worrying them, they should tackle it head on.
- If your concerns are longer term then speak to someone. Speak to your GP, your child's Tutor or Head of Year or one of the Designated Safeguarding Leads at school.

## Sporting Results

Year Group	Sport	Opponent	Result
U16	Football Girls'	Effingham	Won



# GHS Update

Cucina Menu

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WEEK 3

Cucina

Week Commencing: 20/10/2025 10/11/2025 01/12/2025 22/12/2025 12/01/2026  
02/02/2026 23/02/2026 16/03/2026 06/04/2026

## CLASSIC HOT & HEARTY

### CLASSIC MAIN MEALS

#### MONDAY

BBQ Chicken Served with Salt & Peppers Wedges, Garden Peas

#### TUESDAY

Chicken Arrabbiata Pasta Bake

#### WEDNESDAY

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

#### THURSDAY

Chicken Korma with Pilau Rice & Coriander Salad

#### FRIDAY

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

### VEGETARIAN MAIN MEALS

#### MONDAY

Chipotle Quorn Dippers with Salt & Pepper Wedges & Garden Peas (V)

#### TUESDAY

Crunchy Topped Macaroni Cheese and House Salad (V)

#### WEDNESDAY

Cheesy Roasted Squash & Parsnip Crumble, Served with Seasonal Vegetables & Gravy (V)

#### THURSDAY

Cauliflower Bhaji with Pilau Rice & Mint Yogurt (V)

#### FRIDAY

Crispy Onion Pakora Burger Served with Mango Slaw, Chips & Peas (VE)

### DESSERTS

#### MONDAY

Silky Lemon Sorbite

#### TUESDAY

Mixed Berry & Apple Crumble

#### WEDNESDAY

Lean Brioche & Custard

#### THURSDAY

Banana Bread & Custard

#### FRIDAY

Hot 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



**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

Buffalo Cauliflower Wings, Served with Salt & Pepper Wedges (V)

#### TUESDAY

Vegan Singapore Noodles (V)

#### WEDNESDAY

Hot Falafel Buddha Bowl (V)

#### THURSDAY

Onion Bhaji Skewer with Bombay Potatoes (VE)

#### FRIDAY

Garlic & Chill 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

## Train to Teach



## Webinar



Thursday 11th December 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](mailto:RFA@glenthorne.sutton.sch.uk) or click the link in the bio

## Christmas Carol Concert

Monday 15<sup>th</sup> December 2025

All Saints Church, Carsfulton, SM15 3AG  
6pm-7pm

Free Entry  
Tea & refreshments served from 5.45pm

Glenthorne High School  
Achievement for all



# GHS Update

Cucina Christmas Dinner Menu

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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)



# GHS Update

Cucina Christmas Dinner Menu

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## Halal Christmas menu



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£2.85

(incl dessert)

### CHRISTMAS DINNER DAY



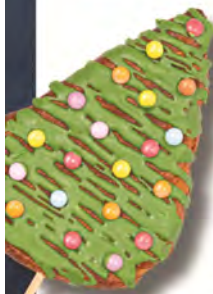
We will be holding a Christmas lunch where students can enjoy a festive meal, complete with all the trimmings, with both Halal and non-Halal options available!

**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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