

# GHS Update

*Achievement for All*

W/C 05.01.2026



December 2025

Issue No. 153



## Seasons Greetings

As we wrap up the autumn term, I want to say thank you to all our pupils and families. It's been a lively, productive, and thoroughly enjoyable few months in school. From settling into new routines in September, to the many moments of laughter, learning, and celebration along the way, the term has flown by.

Our pupils have worked hard, supported one another, and embraced every opportunity that's come their way. Staff have done a fantastic job keeping the school buzzing with activity, and your support at home has made a real difference.

As we head into the festive break, I hope you all get the chance to rest, recharge, and enjoy time with the people who matter most. We look forward to welcoming everyone back on Monday 5th January for the start of the spring term.

Wishing you all a peaceful holiday and a happy new year.

**Dr S Peacock**  
Headteacher



## Looking Ahead

### **B Week**

"The most important thing in life is to stop saying, 'I wish' and to start saying, 'I will'."

Charles Dickens

### **Pupils return to school**

Monday 5th January

### **Year 7 Core Academy Evening**

Tuesday 6th January

### **Year 12 Mocks start**

W/C 12th January

### **Year 11 Mock results**

Friday 16th January

### **Whole School Production**

Tuesday 20th January

Wednesday 21st January

Thursday 22nd January



## Glenthorne's Annual Carol Concert



Glenthorne's annual Christmas Carol service took place on Monday 15th December and it was a really lovely community event putting everyone into the Christmas spirit by the end of the concert. We are thankful once again to All Saints Church in Carshalton for allowing us to use their building for this event and the pupils were on top form throughout the rehearsal day and performed to the highest calibre in the concert.

As always, the program was highly varied with traditional carols and readings interspersed with classical and contemporary Christmas items from our ensembles and student-led bands with a sprinkle of original songs and organ solos. Our staff choir 'Teacher Voices' closed the concert with a collaboration with Vocalise singing 'Feed the World' which, decades after its first release still carries a powerful message.

We hope you enjoyed the evening if you were able to attend, we look forward to welcoming you to our Music events coming up in 2026.



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## A Celebration of Key Stage 5 Success

On Wednesday 17th, we were delighted to host our annual Key Stage 5 Awards Evening, a celebration of the outstanding achievements of our Year 11, 12 and 13 students during the 2024–25 academic year.

The event brought together families, staff, and students to recognise excellence across academic performance, effort, House involvement, and pastoral contributions, as well as tutor awards and a number of special commendations in the Arts and Sport.

A particular highlight of the evening was welcoming back so many of last year's Year 13 cohort. It was wonderful to see them once again, hear about their successful first term at university, on apprenticeships, or in the workplace, and celebrate the contributions they made to our school community.

The evening was enriched by a series of beautiful musical performances, including expressive flute and piano solos and a captivating guitar performance. These moments added a reflective and celebratory tone to the occasion.

We are incredibly proud of all who received awards and extend our congratulations to every student recognised for their hard work and dedication.



## Sharing the Christmas Spirit



On Thursday 18th December, pupils from a range of year groups visited Sutton Court Care Home to share festive cheer with the elderly residents. The pupils performed a selection of Christmas songs, showcasing both their singing talents and instrumental skills across a variety of instruments.



As part of the visit, pupils also created and wrote Christmas cards for each resident. These thoughtful messages were warmly received and helped to spread joy throughout the home during the holiday season.

The event was a celebration of community, kindness, and intergenerational connection, and the pupils represented the school with pride and enthusiasm.




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We are excited to announce that tickets are on sale for our highly anticipated Whole School Production 'School of Rock!' The performance will take place in the School Hall at 7pm over three nights, **Tuesday 20th January, Wednesday 21st January and Thursday 22nd January 2026**. Tickets for this performance will be £10 for adults and £8 for concessions. Doors will open from 6.30pm so audience members have plenty of time to purchase a programme and take their seats. All of the pupils involved have been working incredibly hard since September, with over 150 students involved in the cast, production team and band, and so we would like to thank you for your support and we look forward to seeing you all at our rock and roll performance!



## GLENTHORNE HIGH SCHOOL PRESENTS

AN AMATEUR SCHOOL PRODUCTION BY ARRANGEMENT  
WITH LW ENTERTAINMENT LTD.

THE NEXT GENERATION

# SCHOOL of ROCK

THE MUSICAL

WHOLE SCHOOL PRODUCTION

BASED ON THE PARAMOUNT MOVIE WRITTEN BY MIKE WHITE  
MUSIC BY ANDREW LLOYD WEBBER    SCRIPT BY JULIAN FELLOWES    LYRICS BY GLENN SLATER

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**20<sup>th</sup>, 21<sup>st</sup> AND 22<sup>nd</sup> JANUARY 2026**  
**PERFORMANCE BEGINS AT 7PM**

The School Hall  
Tickets £10, £8 Concessions



**[Tickets are on sale via Ticket Source](#)**





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## Attendance Fact of the week

School provides access to pastoral care and mental health support.



## Mental Health & Emotional Wellbeing Tip

*Stay organised – Reduces stress and improves focus.  
→ Use a planner to map out your week.*

Education Wellbeing Service | wellbeinginschoolevents@swlstg.nhs.uk | NHS South West London and St George's Mental Health NHS Trust

### Upcoming Events For Secondary Parents Spring Term 2026


Supporting your teenager's mental health webinars

We also provide free 1:1 early help support programmes for young people to support with anxiety or low mood. Speak to your school to find out more.

<b>12TH JAN 26</b> 1 PM - 2 PM	Screen Time, Social Media and gaming - what parents need to know	<b>14TH JAN 26</b> 7 PM - 8 PM
<b>9TH FEB 26</b> 7 PM - 8.30 PM	Supporting Siblings of Children with SEND	<b>10TH FEB 26</b> 1.30 PM - 3 PM

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](#)



Making Life Better Together

Education Wellbeing Service | wellbeinginschoolevents@swlstg.nhs.uk | NHS South West London and St George's Mental Health NHS Trust

### Upcoming Events For Secondary Parents Spring Term 2026

Supporting your teenager's mental health webinars

We also provide free 1:1 early help support programmes for young people to support with anxiety or low mood. Speak to your school to find out more.

<b>16TH FEB 26</b> 7 PM - 8 PM	Supporting your teenager with Exam Stress (Years 11-13)	<b>17TH FEB 26</b> 1 PM - 2 PM
<b>9TH MAR 26</b> 1 PM - 2 PM	Conflict, Communication and Compromise - the teen years	<b>12TH MAR 26</b> 7 PM - 8 PM

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](#)



Making Life Better Together

### Signposting to support services General information

**Mind mind.org.uk** - InfoLine: 0300 123 3393 The Mind InfoLine can help you find specialist services in your area. Helplines and listening services

**Samaritans** - www.samaritans.org 24 hours a day, 365 days a year. Call 116 123 (free from any phone).

**Shout** - www.giveusashout.org

For immediate support text SHOUT to 85258 to chat by text to a trained and supervised volunteer. Free, confidential and available 24 hours a day, 365 days a year.

For more options, visit the Helplines Partnership website for a directory of UK helplines: [www.helplines.org/helplines](http://www.helplines.org/helplines)





## Parent/carer Coffee Information Sessions

For Sutton Families

January-December 2026



Would you like to meet with other parents/carers in a cosy, non-judgemental and welcoming environment?

Would you like to find out about services that are available in the London Borough of Sutton that may benefit you and your family?

Would you like to give your opinion about what you feel is needed in your local area?

Maybe you just want some advice on a matter and you don't know where to turn.

Do you require any parenting advice?

If your answer is 'yes' to any of the questions above, we are facilitating parent/carer coffee/information sessions in your local area.

The very least you will get from attending our coffee/information sessions, is a genuine and sincere warm welcome, a cup of tea/coffee and a chance to sit and chat to other parents/carers.

We can organise guest speakers who can offer you advice on a range of issues and we can signpost you to relevant services if required subject to your needs.

Parenting can be so rewarding. However, at times it can also bring its challenges and worries and this can make you feel isolated.

You don't need to make an appointment. Just turn up.

If you would like to find out more about the sessions, please contact **Clare Kennedy** Parenting Administrator via her email: [clare.kennedy@sutton.gov.uk](mailto:clare.kennedy@sutton.gov.uk)





# GHS Update



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Cucina Menu

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## WEEK 2

Cucina

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

##### 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

#### VEGETARIAN MAIN MEALS

##### 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 Pasty with Chips & Peas (V)

#### DESSERTS

##### MONDAY

Chocolate Sponge with Chocolate Sauce

##### TUESDAY

Pump & Ginger Dumplings with Cinnamon Crustard

##### WEDNESDAY

Jelly Sponge with Custard

##### THURSDAY

Spiced Churros

##### 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

Fork Friendly Falafel Kebab (VE)

#### TUESDAY

Vegan Singapore Noodles (VE)

#### WEDNESDAY

Singapore Fried Rice (VE)

#### THURSDAY

The Big Plant Burger (VE)

#### FRIDAY

Garlic & Chilli 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

