

GHS Update

Achievement for All

W/C 26.01.2026

January 2026

Issue No. 155



Whole School Production - School of Rock



This week we have been celebrating the combined work of all of the arts teams with our annual Whole School Production.

School of Rock is about Dewey Finn, a failed rock guitarist who pretends to be a substitute teacher. He turns his strict prep school class into a rock band for the Battle of the Bands. The pupils learn confidence and independence through music, and although they don't win the competition, they deliver an amazing performance and earn the support of their families.

As always, this year's production was an exceptional demonstration of how the arts and media teams can come together to produce an amazing experience for the pupils.

The production was directed by Ms Penfold. Music was led by Mr Lore with the Dance teachers along with pupil choreographer Esmey, taking the lead on choreography. The pupils, as always, were professional throughout; it was clear that all those on stage and in the band, enjoyed every moment of the show and relished the opportunity to showcase the months of hard work it took to realise this incredible production. Mr Reeves and the pupil stage crew also did an incredible job of ensuring that microphones, set and props were well organised on each night of the show.

The art teachers and pupils created detailed set pieces which perfectly complimented the rock and roll style of the production, taking inspiration from the characters and songs from the show to develop the art work. The media department produced superb marketing for the show which has been displayed around the school and on the Performing Arts social media profiles. The media department also created the programme which the audience, cast, band and crew can keep and a souvenir of their time working on School of Rock.

A huge thank you to all of the staff and pupils involved in the show, and thank you to all of the parents supporting the children in their continued dedication to the arts across Glenthorne.



Looking Ahead

A Week

Holocaust Memorial Day "For a Better Future."

Year 11 Parents' Evening
Wednesday 28th January

Rising Stars Concert
Thursday 5th February

Year 7 Parents' Evening
Wednesday 11th February

Year 7 & 8 Valentine's Disco
Thursday 12th February

February Half Term
Monday 16th February to
Friday 20th February

Shrove Tuesday
Tuesday 17th February

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Year 11 Mocks

Last Friday, our Year 11 pupil had their mock results ceremony, following the exams they sat before Christmas. Year 11 pupils have worked hard over the past few months, revising and attending interventions to ensure their success in these mocks.

The ceremony was introduced by Mr Tully (Year 11 Raising Standards Leader) and Mr Dempster (Head of Year 11). Mr Tully spoke to pupils about the significance of the GCSEs for their future. Pupils then watched an inspirational video to remind them that they have the power to shape their future. There was a sense of anticipation as pupils did the final countdown before opening up their results.

The emotion in the room was palpable - some pupils realised that their hard work had paid off, and others reflected on how to adapt their revision strategies to improve their grades moving forward. Mr Tully, Mr Dempster, Mr Rudd and Mr Gilles then spoke to various groups of pupils encouraging them to remember the moment they opened their results and to use that as fuel for success in their GCSEs this summer.

We would like to wish all our Year 11 pupils the best of luck in the upcoming GCSE exams in the summer.



Sporting Results

Year Group	Sport	Opponent	Result
Yr7	Netball	Overton	Drew 6 - 6
Yr7	Netball	Wallington	Lost 11 - 3
Yr8	Netball	Overton	Won 18 - 0
Yr8	Netball	Wallington	Lost 17 - 5



Junior NBA



Following the success of the girls Jr NBA team in the Summer term last year Esme, Harriet, Julia and Pearl were invited to the NBA Exhibition held at Magazine House London on Friday 16th January. The girls played and won a competitive 3 v 3 game at the event which allowed them to showcase their talent on a public stage and after the game meet WNBA star Briann January. With the NBA being in London for a fixture at the O2 on Sunday the students as a reward for their success were given tickets to go to the NBA game by the Jr NBA which was a fantastic opportunity for the girls.





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Attendance Fact of the week

Consistent attendance reduces stress caused by catching up on missed work



Mental Health & Emotional Wellbeing Tip

Ask questions in class – Builds confidence and understanding
→ *Challenge yourself to ask one question per week.*

Information Provided by CAHMS

What is CAHMS

CAMHS is the name for the services that assess and treat young people with emotional, behavioural or mental health needs.

CAMHS support covers a wide range of conditions and needs. It is a safe place where we can work together to try and understand what is happening with you, and how to help you to be make the most of your adolescence.

All CAMHS clinicians have had specialist training in assessment, formulation and intervention that mean they can work with children, young people and their families who present with mental health difficulties.

We work as a team and with you we can work out the best way to help you to feel better.

What CAHMS can offer

We aim to provide great care to every child and young person and to support to their parents and carers and family. We work with children from the age of five years up to their 18th birthday. For young people, who require mental health support beyond the age of 18, we have transition workers to support as they move across to the most appropriate adult services.

Our job is to promote emotional wellbeing and provide treatment to children and young people with a range of mental health needs. By putting patient experience at the heart of everything we do, we can ensure that we are providing the very best quality services, advice, information and support to those people who need it, when they need it.

Across CAMHS they work alongside service users to develop services. We have service user groups and events and aim to include young people on interview panels and in service planning. Contact Dina Bokrezion at dina.bokrezion@swlstg.nhs.uk, if you would like to join the Service User groups.

The CAMHS community teams offer a range of assessments and treatments for children and young people presenting with enduring and moderate to severe mental health needs which impact significantly on daily functioning. The community CAMHS teams are made up of a range of mental health professionals including Child and Adolescent Psychiatrists, Clinical and Counselling Psychologists, Family Therapists, Clinical Nurse Specialists and Child and Adolescent Psychotherapists.

Crisis line for young people and families SLP CAHMS Crisis Line Tele: 020 3228 5980

Monday to Sunday 9am — 11pm, 365 days a year. Outside of these hours, you will hear an automated message and be prompted to select your local 24hrs Mental Health Crisis Line.



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Valentine's Day Disco

For Year 7 and Year 8 pupils only!

Hosted by the Head Student Team!

WHEN: THURSDAY 12TH FEBRUARY (5-7PM)

WHERE: THE MAIN HALL

ENTRY TICKET: £3.50

SPECIAL EVENT: ESCAPE ROOM

*Pay on Parent Pay by Fri 6th Feb
*Return consent form to Finance Office by Mon 9 Feb
P.S - Bring money for food and drinks!!

Train to Teach



Webinar



Thursday 29th January 2026
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



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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

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

Peas & Slinger Crumble with Cinnamon Custard

WEDNESDAY

Jam Sponge with Custard

THURSDAY

Baked Cheesecake

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

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