

# GHS Update

*Achievement for All*

W/C 02.02.2026

February 2026

Issue No. 156



## Life-Saving Lessons from Street Doctors



Recently, our school was fortunate to welcome Street Doctors, a charity that delivers vital first-aid education to young people. They visited two groups of Year 10 pupils and led an engaging, hands-on session focused on understanding the human body and learning how to respond in a medical emergency.

During the visit, pupils learned how to place someone safely into the recovery position and were taught the correct steps for performing CPR. These practical skills could one day make a real difference, and many students found the demonstrations both interesting and empowering. The brilliant volunteer from the Street Doctors team explained everything clearly, encouraging everyone to ask questions and get involved.



Overall, beyond learning first aid, the session helped pupils develop confidence, teamwork and responsibility. The visit was a fantastic experience that supported our personal development and reminded us how important it is to look out for one another. We would like to thank Street Doctors for taking the time to visit our school and share such valuable, potentially life-saving knowledge.

 Looking Ahead

**B Week**  
Children's Mental Health Week

**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



## Blast off Space Challenge



A select group of 60 Year 9 pupils took part in the Blast Off Space Challenge sponsored by the RAF Charitable Trust. During the day the pupils worked in small groups to plan a mission into Space including designing, costing and determining the best location to use.

The pupils had the opportunity to build a prototype of their landing design and then had to present their team strategy and do a live demonstration using their prototype. The pupils had a great time, worked collaboratively and efficiently and Blessing Madrio, who led the workshop, said that the designs were some of the best she had ever seen and a real credit to the effort and skill the pupils put in; but in the end there could only be one winner, which was Team 5! Well done to all pupils that took part.



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## Author Nicola Garrard

On Friday 23rd January celebrated author Nicola Garrard spoke to Year 9 and 10 pupils to discuss her Carnegie nominated novel 'On The Edge'. It was a very engaging and inspiring talk that covered serious issues facing young people today. After the talk, several pupils came to the library to meet her!



## Sporting Results

Year Group	Sport	Opponent	Result
ACD	Football	Nescot College	Won 4 - 1
Yr10	Netball	Nonsuch	Lost 11 - 10
Yr9	Netball	Nonsuch	Lost 25 - 1



## Tate Modern - Photography Trip on 26th January



The Year 11 Photography pupils visited the Tate Modern to gather research for their examination project. During the trip, pupils also took the opportunity to photograph the surrounding urban environment. All pupils represented the school exceptionally well. Thank you to the staff who supported the visit, and well done to all pupils who took part.



## Intermediate Maths Challenge



On Wednesday 28th January, 100 pupils took part in the Intermediate Maths Challenge.

Speaking with pupils afterwards, they all enjoyed the challenge and found the Mathematics involved different to their usual classroom experience. We look forward to receiving the results later in the year, and are confident that many of our talented mathematicians will be awarded certificates, with some qualifying for future competitions.

Congratulations to all involved.





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## Attendance Fact of the week

School is a safe space where children can express themselves and be heard.



## Mental Health & Emotional Wellbeing Tip

Review your learning – Reinforces memory and reduces anxiety.  
→ Spend 15 minutes reviewing notes weekly.

Mental health issues can affect anyone. Mental health is just like physical health, nobody chooses to have health issues but with the right support you can get better. Issues may include eating disorders, depression, anxiety, panic attacks, OCD, self-harm etc.

Mental health is about how you feel about yourself, how happy you are, how you feel about interacting with other people, how much you feel you can overcome challenges. Feeling up and down is normal but it may become a problem if you feel down, stressed or anxious most of the time. It is possible you might have a mental health issue and require support to get better.

Below you will find links to organisations that will give you information on many types of mental illness and support services available to you.

For further information please go to: [www.talkofftherecord.org/sutton](http://www.talkofftherecord.org/sutton)

### Telephone/online support:

- ◆ Call Samaritans on 116 123, or email [jo@samaritans.org](mailto:jo@samaritans.org)
- ◆ Off the Record online counselling service for young people aged 11-25 in Sutton.  
`Sign up at <https://talkofftherecordonline.org>
- ◆ ‘The Mix’ support for young people under 25 inc. Call 0808 808 4994 or access the chat & crisis messenger text service at <https://www.themix.org.uk>
- ◆ Young Minds, visit <https://youngminds.org.uk>

**SKYLINE SUPPORT SERVICES**

TALK TO US OFF THE RECORD

## FREE ONLINE SUPPORT FOR YOUNG PEOPLE

**WHO ARE WE?**  
Skyline Support services are free online services brought to you by Off the Record, providing online counselling and workshops to young people aged 14-25 in Croydon and Sutton. You can find out more about our services here: [www.skylinesupport.org](http://www.skylinesupport.org)

*"It just gives me a bit of confidence as if I want to say something that makes me teary or makes me cry, I don't feel so embarrassed as the person can't see my face."*

**WHAT DO WE DO?**  
Skyline support is a range of free online services for local young people, including:

- **SkyLine Online Counselling:** Free online counselling, giving you one-to-one support to help you through tough times. SkyLine isn't like other counselling services, because everything happens online! Rather than talking about your problems, you write about them, giving you space to explore your thoughts and feelings in your own time and in your own personal space. All of our counselling happens through a secure website, meaning that you exchange private, confidential messages with your counsellor. We offer a choice of live chat or message-based counselling.
- **SkyCasts Online Workshops:** Free and informal online workshops, providing practical help and information about key issues you might be struggling with in your life, such as depression, stress, anger or anxiety. SkyCasts are short and interactive and give you an easy way to get clued up, ask questions and share ideas about these issues.

**WHAT DO WE BELIEVE?**  
We believe that when things feel really overwhelming, we can often feel completely alone. We might feel desperate for help, but find the idea of having to book appointments, get out of the house or go and 'talk' to someone virtually impossible.

That's where Skyline Support comes in, giving you the opportunity to get things off your chest in your own time and on your own terms.

- There's no need to call up and book appointments – you can simply sign up online for both SkyLine Counselling and SkyCasts Workshops.
- There's support available at different times throughout the week, making it easy to find a convenient time to log in and get help.
- Whether you're having counselling or coming along to the workshops, you can access lots of additional information and resources from the website.

*"The online set up allows you to access counselling even when you have very little free time or are unable to keep to a specific timetabled slot"*

**GETTING STARTED**  
If you are a young person aged 14-25 from Croydon or Sutton, you can access our free Skyline Support via [www.skylinesupport.org](http://www.skylinesupport.org)

*"It provides an environment where you can not only share ideas, thoughts and feelings but also listen to others' perspectives on topics and situations"*

**HOW DO YOU CONTACT US?**

- [www.skylinesupport.org](http://www.skylinesupport.org)
- 020 8251 0251
- [skyline@offtherecordcroydon.org](mailto:skyline@offtherecordcroydon.org)
- Off the Record, 72 Queens Road, Croydon, Surrey, CR0 2PR
- Off The Record Croydon
- @otrcroydon



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Glenthorne High School Presents  
**Rising Stars Concert**  
Thursday 5<sup>th</sup> February 2026  
6:00pm - 7:30pm

The School Hall  
Tickets £5, £3 Concessions  
via [TicketSource](#)

# Valentine's Day

**For Year 7 and Year 8 pupils only!**

**Hosted by the Head Student Team!**

## Disco

WHEN: THURSDAY 12<sup>TH</sup> FEBRUARY (5-7PM)  
WHERE: THE MAIN HALL  
ENTRY TICKET: £3.50  
SPECIAL EVENT: ESCAPE ROOM

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



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Cucina Menu

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**WEEK 3**  
 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	VEGETARIAN MAIN MEALS
<p><b>MONDAY</b> BBQ Chicken Served with Salt &amp; Pepper Wedges, Garden Peas</p> <p><b>TUESDAY</b> Chicken Arrabbiata Pasta Bake</p> <p><b>WEDNESDAY</b> Roast Shoulder of Pork or Salt &amp; Pepper Chicken, Crisp Roasties, Seasonal Vegetables &amp; House Gravy</p> <p><b>THURSDAY</b> Chicken Korma with Pilau Rice &amp; Coriander Salad</p> <p><b>FRIDAY</b> Chip Shop "Fryday" Fish, Pizza or Fishcake &amp; Chips with Peas and Tartare Sauce</p>	<p><b>MONDAY</b> Chipotle Quorn Dippers with Salt &amp; Pepper Wedges &amp; Garden Peas (V)</p> <p><b>TUESDAY</b> Crunchy Topped Macaroni Cheese and House Salad (V)</p> <p><b>WEDNESDAY</b> Cheesy Roasted Squash &amp; Parsnip Crumble. Served with Seasonal Vegetables &amp; Gravy (V)</p> <p><b>THURSDAY</b> Cauliflower Bhaji with Pilau Rice &amp; Mint Yogurt (V)</p> <p><b>FRIDAY</b> Crispy Onion Pakora Burger Served with Mango Slaw, Chips &amp; Peas (VE)</p>

**DESSERTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apple & Raisin Crisp	Mixed Berry & Apple Crumble	Warm Sticky Pudding & Custard	Banana Sticky Pudding & Custard	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**

**Street VIBES** **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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Buffalo Cauliflower Wings. Served with Salt & Pepper Wedges (V)	Vegan Singapore Noodles (V)	Hot Falafel Buddha Bowl (V)	Onion Bhaji Skewer with Bombay Potatoes (VE)	Garlic & Chilli Noodles (VE)

**TRATTORIA**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Basil Pasta	Pasta in a Cheese Sauce	Margherita or Pepperoni Pizza	Creamy Pesto Pasta	Margherita Pizza

**THURSDAY 12<sup>th</sup> FEBRUARY**

**THE YEAR OF THE HORSE**

**CHINESE New Year 2026**

JOIN THE FEAST!  
 TRADITIONAL FOOD AND FORTUNE COOKIE CUPCAKES!

**CHINESE New Year 2026**

**CHINESE STYLE BUILD YOUR OWN BROTH**

.....

**SESAME CHICKEN CHOW MEIN**

.....

**CHINESE VEGETABLE STIR FRIED NOODLES**

.....

**STICKY FIVE SPICE SPONGE & CUSTARD**

.....

**FORTUNE COOKIE CUPCAKE**

**JOIN THE FEAST!**