

# GHS Update

*Achievement for All*

W/C 09.02.2026

February 2026

Issue No. 157



## Planting the Future: Y7 & Y8 Create a New Miyawaki Forest

Despite the relentless rain and mud underfoot, our brilliant Year 7 and Year 8 pupils showed outstanding determination and teamwork as they took part in an exciting ecological project: planting our very own Miyawaki style mini forest on The Daisy.

The Miyawaki method - developed to create fast growing, biodiverse forests - encourages dense planting of native species to support local ecosystems. With support from Sutton Council's environmental team and Sutton's Tree Wardens, pupils helped plant a remarkable range of 25 native tree species alongside three flowering plants, creating a rich, layered habitat that will thrive for generations to come.

Armed with waterproofs, gloves, and huge enthusiasm, pupils embraced the challenging weather conditions. Rather than dampening spirits, the weather seemed to make the experience even more memorable. Pupils dug, planted, and supported one another throughout, showing resilience, teamwork, and a genuine commitment to environmental stewardship.

The newly planted forest includes species such as Hazel, English Oak, Hornbeam, Rowan, Silver Birch, Holly, Small Leaved Lime, Black Poplar, and flowering plants like Honeysuckle and Dog Rose. These species will not only help increase biodiversity but also provide important habitats for birds, insects, and other wildlife in the years ahead.

Projects like this help our pupils learn beyond the classroom - developing practical skills, environmental awareness, and a sense of responsibility for the world around them. We are incredibly proud of their effort, positivity, and resilience throughout the entire event.

We look forward to watching our forest grow - much like the young people who planted it.



## 🕒 Looking Ahead

### A Week

"Ramadan is the celebration of a faith known for great diversity and racial equality."  
Barack Obama

### 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

### World Book Day

Thursday 5th march

### Inset Day

Friday 26th June



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## Attendance Fact of the week

There's a direct link between attendance and academic success.



## Mental Health & Emotional Wellbeing Tip

Use school support services – They're there to help.  
→ Visit your pastoral or wellbeing team once a term.

### Belonging

This week, pupils took part in an assembly all about belonging. We explored what it means to feel accepted, valued, and connected - whether that's within a family, a friendship group, a class, or our wider school community.

During the assembly, pupils were invited to think about moments when they have felt that strong sense of belonging - times when someone included them, welcomed them, or made space for them. We also acknowledged that everyone, at some point, has experienced feeling left out, and how those moments can affect confidence and wellbeing.

We discussed how belonging plays a big role in mental health: when children feel they belong, they are more confident, more resilient, and more willing to try new things. Importantly, they learned that belonging isn't about being popular or changing who they are - it's about connection, kindness, and acceptance.

Pupils were encouraged to take small but meaningful actions to help others feel included: inviting someone to join in, offering a smile, making space in a group, or noticing when someone is on their own. These everyday acts help create a community where everyone feels seen and valued.

To finish, pupils were asked two questions to reflect on throughout the week:

1. Where do you feel you belong?
2. What can you do today to help someone else feel that they belong?

Together, we hope to continue fostering a school culture where every child feels welcome and supported.

**WORLD BOOK DAY<sup>®</sup>**

THURS 5<sup>TH</sup> MARCH  
DRESS UP AS YOUR FAVOURITE BOOK CHARACTER TO WIN BIG PRIZES!

SEE MR. MAXWELL IN THE LIBRARY FOR MORE DETAILS

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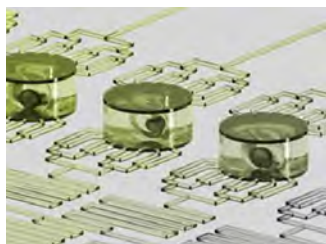
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## Year 12 Supercurricular Talk: Drug Discovery & Precision

On Friday, 30th January, our Year 12 students enjoyed the third session of our Supercurricular Talk Series, delivered by Dr Ian Piper from Kingston University. The session focused on drug discovery, with a particular emphasis on precision medicine—an area transforming how treatments are developed and tailored to individual patients. Students found the talk fascinating and especially valuable in understanding how university-level laboratory techniques are applied in real research settings. Dr Piper also explored the growing role of AI in biomedical science, discussing both its benefits and limitations, which sparked thoughtful discussion among students.

A warm thank you to Kingston University for continuing to support our students through these inspiring and enriching learning opportunities.”



*Use of zebrafish as model organisms for drug development*



*Use of organs on a chip to simulate physiological functions*

## Sporting Results

Year Group	Sport	Opponent	Result
FAC	Football	CFA Dev	Won 6 - 1



## A Day of Inspiration at the Tate Modern

On Friday, January 30th, 69 of our art pupils headed to the Tate Modern for a day of artistic exploration and discovery. From the vast installations in the Turbine Hall to the intricate galleries of the Blavatnik Building, the day was a deep dive into the world of contemporary art.

While the art was impressive, the real highlight of the trip was the pupils themselves. Throughout the entire visit, they displayed exemplary and outstanding attitudes, representing our school with maturity and curiosity. Whether they were engaging in thoughtful discussions about complex pieces or navigating the busy gallery spaces, their conduct was nothing short of brilliant.



We are immensely proud of every student who joined us. They were fantastic ambassadors for our community, proving that they are as capable of navigating the professional world of art as they are the classroom.



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## Valentine's Day Disco

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

**Hosted by the Head Student Team!**

**WHEN: THURSDAY 12<sup>TH</sup> FEBRUARY (5-7PM)**

**WHERE: THE MAIN HALL**

**ENTRY TICKET: £3.50**

**SPECIAL EVENT: ESCAPE ROOM**

**Ask parents/guardians to:**

- 1) Pay on ParentPay
- 2) Complete online Permission Form Due Friday 6th February

**BRING CASH FOR FOOD AND DRINKS !!**

### Valentines House Spelling Bee

When: Thursday 12th February (Lunchtime)  
Where: Library

Think you've got what it takes to be the ultimate word wizard?! Step up and represent your house in this year's Spelling Bee! Battle it out letter by letter for glory, house points and bragging rights.

Sign up now and let the spelling showdown begin!  
See LML in the library for details.

### Inter House Bench Ball

Next week is the Interhouse Bench Ball tournament. There are separate boys and girl's competitions running on the same day.

**Mon 2<sup>nd</sup> – Y8**  
**Tues 3<sup>rd</sup> – Y10**  
**Thurs 5<sup>th</sup> - Y9**  
**Fri 6<sup>th</sup> – Y7**

Players must meet at the sportshall at 1:30pm – they must have trainers to be able to play but do not need to get changed. A house must have at least 7 players per team to compete. There are separate boys and girl's competitions running on the same day. Each house needs 7 boys and 7 girls.



# GHS Update

Cucina Menu

February 2026

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## WEEK 1

Week Commencing: 27/10/2025 17/11/2025 08/12/2025 19/01/2026 09/02/2026  
02/03/2026 23/03/2026 13/04/2026

### CLASSIC HOT & HEARTY

#### CLASSIC MAIN MEALS

##### MONDAY

Beef Bolognaise with Wholegrain Pasta & House Salad

##### TUESDAY

Kung Pao Chicken with Vegetable Rice

##### WEDNESDAY

Honey Glazed Roast Gammon or Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

##### THURSDAY

Chicken Tikka Masala, Served with Braised Rice & Kachumber Salad

##### FRIDAY

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

#### VEGETARIAN MAIN MEALS

##### MONDAY

Plant Based Bolognaise with Wholegrain Pasta and House Salad (V)

##### TUESDAY

Kung Pao Cauliflower with Vegetable Rice (VE)

##### WEDNESDAY

Lentil Sage & Onion Wellington (V)

##### THURSDAY

Butter Cauliflower & Chickpea Curry, Served with Braised Rice & Kachumber Salad (V)

##### FRIDAY

Homemade Cheese & Onion Slice with Chips & Peas (V)

#### DESSERTS

##### MONDAY

Soured Puffpastry Case with Custard

##### TUESDAY

Chocolate & Banana Brownie

##### WEDNESDAY

Sticky Sponge with Custard

##### THURSDAY

Milly Apple Crumble with Custard

##### FRIDAY

Hot Spicyness Sticky 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

Pakistani Tarka Dhal (VE)

#### TUESDAY

Vegan Singapore Noodles (VE)

#### WEDNESDAY

Onion Bhaji & Vegetable Rice Bowl (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

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!