

GHS Update

Achievement for All

W/C 23.02.2026



February 2026

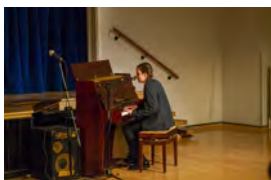
Issue No. 158



Rising Stars Concert



On Thursday 5th February, we held our annual Rising Stars soloist concert - a wonderful recital opportunity for pupils from all year groups. The evening was a true celebration of musicianship, featuring performances on trombone, viola, cello, piano and voice. The repertoire ranged from classical to popular music and musical theatre, offering a varied and engaging programme.



All pupils performed with impressive confidence and should feel incredibly proud of representing Glenthorne at such a high standard. The level of performance was so strong that you would never have guessed which year group any pupil belonged to!



Our next Music Department event is the Spring Concert on *Thursday 26th March*, which will feature all of our musical ensembles as well as additional soloists.

We hope you will join us—do save the date!

Looking Ahead
B Week

Shrove Tuesday
Tuesday 17th February

Year 8 Parents' Evening
Wednesday 4th March

World Book Day
Thursday 5th March

Year 13 Achievement Support Evening
Wednesday 11th March

Year 8 Options Evening
Wednesday 18th March

Inset Day
Friday 26th June



Year 9 Magistrates' Mock trial

On Monday 9th February Glenthorne Library's Year 9 Mock Trial Team visited the Wimbledon Magistrates' Court to rehearse for their upcoming competition in March and to watch actual cases. It was a very enlightening and interesting day, the students were able to speak to two different magistrates and receive feedback on their performances.



Valentine's Disco

The Head Student team hosted the annual Valentine's Disco on Thursday 12th February from 5pm to 7pm. The event was a lively and enjoyable evening for Year 7 and Year 8 pupils, filled with dancing, music and exciting competitions. This year's theme - Cupids - inspired a creative Escape Room experience, featuring riddles based on Greek mythology. The activity challenged students to work as a team, think creatively and solve problems under pressure. Drinks and refreshments were also provided and the evening was thoroughly enjoyed by pupils. A huge thank you to all those involved in organising this event, particularly the Head Student team - and the Year 7 Tutor Team who staffed the night. It was certainly a fantastic way to end the half term.



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GLENTHORNE HIGH SCHOOL
PRESENTS

IMPACT 2026

2ND & 3RD MARCH
EPSOM PLAYHOUSE

TICKETS ARE £12
£10 CONCESSIONS,
TICKETS ARE NOW AVAILABLE
ON TICKETSOURCE



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Attendance Fact of the week

Missing just 10% of school (about 19 days) can significantly impact learning.



Mental Health & Emotional Wellbeing Tip

Avoid procrastination – It increases stress.
→ Break tasks into smaller steps and start one early each week



Following feedback from stakeholders and Young Commissioners, the School Nursing team have created a short video to introduce the role of the School Nurse at School 'drop in'

[Click here](#)

Mental Health Signposting Document

ORGANISATION	PHONE	WEBSITE	ONLINE CHAT
 CAMHS NHS mental health services for children and young people.	 0203 513 5000	 swlstg.nhs.uk/camhs	 x
 Everyone Active Leader in gym and swim facilities, offering a wide range of fitness activities and classes.	 0208 641 9480 or 07740433387	 everyoneactive.com	 x
 Kooth Free digital platform providing anonymous mental health support for young people.	 0203 398 9048	 kooth.com	 ✓
 Off The Record Provide counseling, online services, and special support for refugees and young carers.	 0208 680 8899	 talkoftherecord.org	 ✓
 Meet Two Free mental health support app for young people to talk to talk with experts or people with similar issues.	 x	 meettwo.co.uk	 Anonymous posts in the app allow chat with other people
 Samaritans Free support line for people who are feeling desperate.	 116123	 samaritans.org	 x
 Help at Hand Support, advice and info for young people in care.	 0800 528 0731 free	 childrenscommissioner.gov.uk/help-at-hand	 ✓
 Jigsaw Community mental health charity which provides specialised therapeutic support services for children and families across South West London.	 0208 687 1384	 jigsaw.org.uk	 x



Mental Health Signposting Document

ORGANISATION	PHONE	WEBSITE	ONLINE CHAT
 Stopitnow! Help if you are worried about your online behaviour or someone else's.	 0800 1111 free 24/7	 stopitnow.org.uk	 x
 Young Minds Mental health support.	 Crisis text messenger 85258 free 24/7	 youngminds.org.uk	 x
 B-eat support with eating disorders.	 0808 801 0711 or 0808 801 0677 free confidential	 beateatingdisorders.org.uk	 ✓
 Children's Society support with various mental health and emotional issues for 13-17s.	 x	 childrenssociety.org.uk	 x
 Childline Free, confidential service where you can free, talk about anything you want.	 0800 1111 free 24/7	 childline.org.uk	 ✓
 SelfHarm UK Support with self harm.	 x	 selfharm.co.uk	 x
 Shout Crisis text messenger service (any age).	 Text 85258 free 24/7	 jvausshout.org/get-help	 ✓
 The Mix Info and support for the under 25s for all kinds of issues.	 0808 8084994 free	 themix.org.uk	 4-11 pm ✓





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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

Sticky Lemon Sponge

TUESDAY

Mixed Berry & Apple Crumble

WEDNESDAY

Jam Roly Poly & Custard

THURSDAY

Benima Pudding & 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 & Chilli Noodles (VE)

TRATTORIA

MONDAY

Tomato & Basil Pasta

TUESDAY

Pasta in a Cheese Sauce

WEDNESDAY

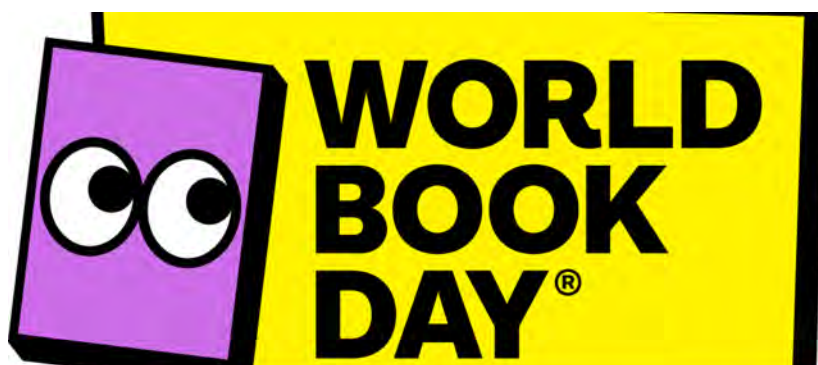
Margherita or Pepperoni Pizza

THURSDAY

Creamy Pesto Pasta

FRIDAY

Margherita Pizza



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

SEE MR. MAXWELL IN THE LIBRARY FOR MORE DETAILS