

GHS Update

Achievement for All

W/C 02.03.2026

March 2026

Issue No. 159

Trips, trips & more trips



Washington D.C. Experience

The trip to America was incredible. We experienced everything from the vibrant, bright city of New York to the historic capital of the USA, Washington, D.C. One of our favourite places in New York was Ellis Island. Between 1892 and 1954, this was the main processing centre for immigrants arriving in the United States. We found it particularly fascinating because we were able to explore the history of migration and even see real documents belonging to people who arrived more than a century ago.

In Washington, D.C., we visited the Smithsonian Museum of American History and the Smithsonian Museum of African American History. Both offered deep and powerful insights into the country's past. We saw belongings of founding father George Washington, the hat worn by Abraham Lincoln, and artefacts from major wars throughout U.S. history. In the African American Museum, we learned about the horrors of slavery and the significant milestones of the civil rights movement. It was powerful to see the history of America and African Americans presented so vividly.

While in Washington, D.C., we also had lunch at the iconic Ben's Chili Bowl - a place visited by civil rights activists such as Martin Luther King Jr., numerous celebrities, and even President Barack Obama. The most memorable part of our visit, however, was meeting Virginia Ali, the wife of founder Ben Ali. Having lived through the civil rights movement and many major moments in American history, she generously shared her story with us, which was an incredible experience.

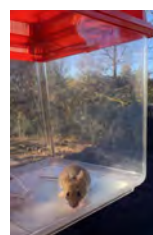
It was amazing to see everything we've studied in A-level History come to life in the museums and landmarks. Not only was the trip highly educational, but it was also genuinely enjoyable - we shopped, explored, and, most importantly, ate lots of great food! A huge thank you to the staff for their excellent organisation, which made the trip both easy and unforgettable.



Year 12 A-Level Field Study Weekend



The Year 12 A-Level Biology students recently returned from an exciting three day residential trip to Juniper Hall with the Field Studies Council. Over the course of the weekend, students learned to set up ethical mammal traps and had the rare chance to observe small mammals such as yellow-necked mice and shrews up close. They spent their first day conducting ecological sampling under clear skies and then embraced the challenge of doing their investigations in full waterproofs as the rain poured down. It was a true fieldwork adventure, and the students thoroughly enjoyed developing their practical skills in such a memorable setting.



🕒 Looking Ahead

A Week

"The key to a rich life and career: love yourself, value yourself, back yourself and believe in yourself." Rasheed Ogunlaru

Impact Dance Show

Monday 2nd March

Tuesday, 3rd march

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

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Ski Trip – Gerlitzten, Austria

Our recent school ski trip to Gerlitzten, Austria was a tremendous success from start to finish. Throughout the week, pupils demonstrated exemplary behaviour, representing the school with maturity, enthusiasm, and kindness. Staff at the accommodation, ski school, and our coach drivers consistently commented on how polite, respectful, and cooperative our students were.

On the slopes, pupils showed outstanding determination and made remarkable progress in their skiing. Many beginners took their first steps on snow and were confidently navigating a tricky blue run by the end of the week. More experienced skiers pushed themselves to refine technique and tackle new terrain. All of our pupils supported their peers along the way, their resilience, teamwork, and positive attitude were highlights of the trip.

Evenings were filled with engaging activities, including Austrian Skittles, an ice hockey match, ice cream night and a Pizza night. These not only strengthened friendships but also created a real sense of community. Sharing stories about the day's skiing, pupils embraced the opportunity to bond and celebrate each other's achievements.

Overall, the trip was a fantastic experience - filled with learning, personal growth, and unforgettable memories. We are extremely proud of all the pupils who attended and the way they represented the school throughout.

We look forward to next year!



Phantom of the Opera

On Monday 23rd February, 25 music selected pupils watched an evening performance of Andrew Lloyd Webber's 'Phantom of the Opera'. The students thoroughly enjoyed the outstanding performance and would like to try and perform it for our next whole school production! The pupil's behaviour was absolutely fantastic and they showed mature and sophisticated behaviour travelling to, from and in 'His Majesty's' theatre.



Sporting Results

Year Group	Sport	Opponent	Result
Yr10	handball	CBSC	Drew 5 - 5
Yr10	Handball	Bishop Thomas	Lost 9 - 4
Yr10	Handball	St. Thomas the Apostle	Lost 8 - 5



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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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UCA and HEON are excited to announce 3 Saturday Clubs for March 2026:

[Years 7, 8 and 9: Digital Animation Essentials](#)

[Years 8, 9 and 10: Illustration & Printmaking](#)

[Years 9 and 10: Design & Textiles: Inspired by the Icons](#)

These Saturday Clubs are a fantastic opportunity to work with practicing artists, academics, UCA alumni and current UCA students while experiencing a creative university setting and gaining insight into creative career paths. Learn new techniques, develop your skills and build your portfolio while using industry-standard equipment and facilities.

The clubs will run for 4 consecutive Saturdays from 7th – 28th March, 10:00-14:00 and are completely **FREE** to take part in (upon successful application). You will be provided with everything you need to participate. Lunch is also provided each week for participants.

Please follow the links above for more information about eligibility criteria and to apply for a club.

Please contact outreach@uca.ac.uk if you have any questions.

Free Saturday Clubs at UCA Farnham

7, 14, 21, 28 March – 10am to 2pm



Animation
Years 7, 8 and 9

Illustration & Printmaking
Years 8, 9 and 10

Design & Textiles
Years 9 and 10



Scan the QR code to find out more and apply for a place!





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Attendance Fact of the week

Pupils with high attendance are more likely to achieve expected grades.



Mental Health & Emotional Wellbeing Tip

Celebrate effort, not just results – Builds resilience.
→ Reflect on what you learned, not just your grade.

Education Wellbeing Service Webinar

Supporting your teenager with Exam Stress in the run up to big exams (Years 11-13)

Upcoming GCSE & A level exams (as well as BTECs etc) can be a stressful time for your teenager.

This workshop talks through some of the common challenges many young people face when their stress around revising or sitting an exam becomes too much. It will also cover how, as a parent or carer, you can best support your child to manage these feelings and do their best.

DATE / TIME
Monday 2nd March
7.00-8.00pm

LOCATION
Online - Hosted on Teams

DATE / TIME
Tuesday 3rd March
12.30-1.30pm

Sign up to either event for free on Eventbrite by scanning the QR Code. You can also check out our other events by clicking here

Scan the QR code or click here

wellbeinginschoolsevents@swistg.nhs.uk

Education Wellbeing Service Webinar

Conflict, Communication and Compromise - The Teen Years

This online workshop is designed for parents navigating the challenges of raising teens. Discover strategies to manage conflicts at home, gain insights into the teenage brain, and learn how to handle big emotions effectively.

This workshop will equip you with practical communication tools to build a stronger, more understanding relationship with your teen.

DATE / TIME
Monday 9th March
1.00-2.00pm

LOCATION
Online - Hosted on Teams

DATE / TIME
Thursday 12th March
7.00-8.00pm

Sign up to either event for free on Eventbrite by scanning the QR Code. You can also check out our other events by clicking here

Scan the QR code or click here

wellbeinginschoolsevents@swistg.nhs.uk

Preparation For Adulthood Hub

Supporting young people with SEND to take small steps towards independence

Come and speak to our Local Offer Officer on Friday mornings!
Contact: localoffer@sutton.gov.uk

March

Gaming and DJ Night 2nd
6-8pm, Free | The Fantastic Freddie Foundation
Friends, Video Games, DJ Decks, Music and more... What more could you want!
Game and compete with peers and mix some tunes whilst you wait!

Year 10&11 Parent/Carer Information Sesion 3rd
10-12pm Free | LBS
An informal session for parents/carers of young people with EHCPs in Years 10-11 covering post-16 options, the EHCP transfer process, education and training pathways, and local SEND social opportunities, with guidance on support available as young people prepare for adulthood.

Social Sports Cricket 4th
4.30-6pm, Free | The Fantastic Freddie Foundation
Join us for the second edition of the social sports club. Join The Change Foundation for a Cricket session for all abilities!

PFA Podcast 9th
6-7.30pm Free | Keen2Go
The next edition of the PFA podcast. Be part of the movement and make your voice heard. Led by you, for everyone to listen. Speak with peers about what makes you happy!

Sexual Health Drop-in 11th
Check it Out | 3-5pm, Free
The relationships, contraception and sexual health drop-in is a confidential, welcoming service for young people with SEND. We provide advice and support on relationships, consent, contraception and sexual health. This is an open drop-in service; to arrange a private appointment, please email: esth.rosehall-clinic@nhs.net

Wellbeing Games Social 11th
The Percenter! 5-6:30pm, Free
Join the Percenter's Foundation in a relaxed evening of games and tips about how to be the best version of yourself.

Crafts and Chat Session 12th
4-5.30pm, Free | Action Voices
A crafts and chat group that will give young people age 12-25 with SEND a chance to make friends, learn a new skill, take part in craft activities, gain confidence, speak up and have their voices heard.

Monday Social 16th
6-8pm Free | The Fantastic Freddie Foundation
Get rid of those Monday Blues - laugh with friends and make new ones. Video Games, Music, 'Beer' Pong and much more.

Social Sports 18th
4-6:30pm Free | The Fantastic Freddie Foundation
Sport for all abilities and experience levels. Test your skills and most importantly, meet new people and have fun!

Therapies Drop In Session 19th
9-3.45pm Free
Cognus Education Therapies
Book a short chat with an occupational therapist and speech and language therapist if you are a Sutton learner, over 16 years old, currently attending Education. This is an opportunity to discuss therapy strategies to access your college learning as independently as you can!

Darts Tournament 23rd
6-8pm Free
The Fantastic Freddie Foundation
The First PFA Darts tournament! Free to enter, prizes to be won. For any and all abilities and experience levels. Try your hand against friends and be the best!

Check it Out Sexual Health Drop-in 25th
3-5pm Free

Coffee Morning with Sutton Voluntary Centre 27th
10-12am, Free
For parents and carers to meet, and access information about Preparation for Adulthood, volunteering opportunities for young people, and support in Sutton.
Coffee + Cake for £5! A special offer from Beans and Bloom for all attendees.

To attend a session...

Contact the organiser listed on the event or scan this QR code, click on "Preparation for Adulthood Hub" and select the event for details of how to book your place.



GHS Update

Cucina Menu

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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 Bolognese 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 Bolognese 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

Sliced Pineapple Cake with Custard

TUESDAY

Chocolate & Banana Brownie

WEDNESDAY

Syrup Sponge with Custard

THURSDAY

Oaty Apple Crumble with Custard

FRIDAY

Hot Chocolate Sticky Bread

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 & Chilli Noodles (VE)

TRATTORIA

MONDAY

Tomato & Basil Pasta

TUESDAY

Pasta in a Cheese Sauce

WEDNESDAY

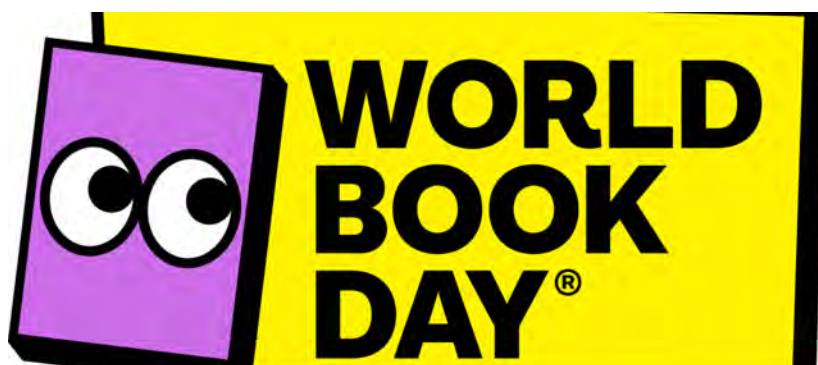
Margherita or Pepperoni Pizza

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