

GHS Update

Achievement for All

W/C 09.03.2026



March 2026

Issue No. 160



Year 12 Visit to Queen's College, Oxford

Our Year 12 students enjoyed an inspiring and memorable day at The Queen's College, Oxford this week. From the moment they arrived, students were captivated by the college's stunning architecture and rich academic atmosphere. During the visit, pupils were given a guided tour of the historic college grounds, offering a glimpse into what life as an Oxford student is really like. They had the fantastic opportunity to meet current undergraduates and professors, who generously shared their experiences, advice, and enthusiasm for their subjects.

The group also attended sample lectures, giving them a real feel for university-level learning, and took part in a session exploring the Oxford application process - including personal statements, admissions tests, and the interview experience. It was a fantastic day, filled with inspiration, curiosity, and aspiration. Our students returned buzzing with excitement about the possibilities that lie ahead!



🕒 Looking Ahead

B Week

"Your best and wisest refuge from all troubles is in your science." Ada Lovelace

Year 13 Achievement Support Evening

Wednesday 11th March

Year 8 Options Evening

Wednesday 18th March

Abbey Road Album Project

Tuesday 24th march

Spring Concert

Thursday 26th march

Easter Holidays

Monday 30th March - Friday 10th April

Year 12 Parents' Evening

Wednesday 15th April

British Summer time begins (clocks go forward)

Sunday 28th March

Inset Day

Friday 26th June



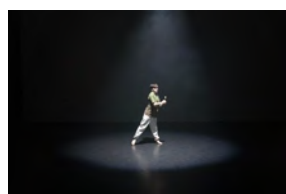
Impact 2026

Impact 2026... what an unforgettable celebration of creativity, passion, and pure dedication to Dance!

Our pupils lit up the stage with an extraordinary display of talent, performing an exciting mix of styles and genres that captivated the audience from start to finish.

A huge thank you to everyone who came along to cheer on our incredible dancers, our wonderfully talented pupils truly shone because of it.

What a night. What a performance. What an impact!



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World Book Day



On Thursday 5th March we celebrated World Book Day. Marked each year, it serves as a reminder of how stories can connect us, inspire us, and open doors to worlds far beyond our own. Whether it's a childhood favourite, a gripping mystery, or a thought provoking novel, books have a unique way of shaping who we are and how we see the world.



For many children, World Book Day is an exciting opportunity to dress up as beloved characters and share stories with friends. Schools and communities host reading events, book swaps, and creative activities that encourage young people to discover new authors and genres. The day plays a vital role in promoting literacy and ensuring every child has access to books - something the organisers continue to champion through book tokens and affordable editions.



But World Book Day isn't just for young readers. Adults, too, are encouraged to rediscover the joy of reading, pick up a book they've been meaning to try, or share recommendations with others. It's a perfect moment to slow down, unplug, and let a good story take over.



At its heart, World Book Day reminds us that reading is more than a pastime - it's a doorway to learning, empathy, creativity, and endless adventures. Whether you read for comfort, curiosity, or pure enjoyment, World Book Day is a celebration of the stories that stay with us long after we turn the final page.

Sporting Results

Year Group	Sport	Opponent	Result
Yr10	Netball	Greenshaw	Won
Yr10	Netball	Sutton high	Lost
Yr10	Netball	League Position	3rd place



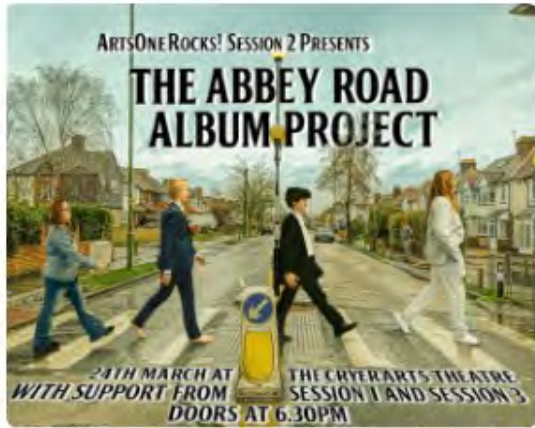
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The pupils at ArtsOne Rocks are proud to present the Abbey Road Album project! Pupils will be performing the whole of the Abbey Road album from cover to cover, note for note, live at the Cryer Arts Theatre in Carshalton on **Tuesday 24th March 2026**. Doors will open at 6.30pm ready for the performance to start at 7pm.

[Please click on this link to purchase a ticket at Glenthorne High School event tickets from TicketSource.](#)

The GHS Music Department welcomes you to the Spring Concert which is taking place at Glenthorne High School on **Thursday 26th March 2026 at 6pm**. The concert will showcase a wide variety of the musical activities currently at Glenthorne with performances from Jazz Band, Vocalise, Virtuoso, Orchestra, ArtsOne Rocks bands and Music Elite. The evening will also include some solo performances and band performances.

[Please click on this link to purchase a ticket at Glenthorne High School event tickets from TicketSource.](#)





GHS Update

W/C 02.03.2026



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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

Lessons build on previous knowledge
- missing one can disrupt understanding



Mental Health & Emotional Wellbeing Tip

Stay curious – Learning can be fun and fulfilling
→ Explore one new topic or idea outside the curriculum weekly

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
100-200pm

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](#)

wellbeing@nhschools@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. Lead 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 esrh.rosehall-clinic@lincs.nhs.net

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

Crafts and Chat Session 12th
4:30-5:30pm, Free
Advocacy for All-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 £3! 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

March 2026

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Cucina

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

Pear & Ginger Crumble with Cinnamon Mustard

WEDNESDAY

Jam Sponge with Custard

THURSDAY

Baked Chairos

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

Fork Friendly Falafel Kebab (VE)

TUESDAY

Vegan Singapore Noodles (VE)

WEDNESDAY

Singapore Fried Rice (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

