

GHS Update

Achievement for All

W/C 16.03.2026

March 2026

Issue No. 161



Year 13 Mock Results Ceremony



The Year 13 mock ceremony offered students a valuable moment to pause and reflect on the outcomes of their mock examinations. The atmosphere throughout was warm, calm and purposeful, and we were pleased to see all students engaging thoughtfully with the process.

Many pupils were rightly pleased with their achievements and left feeling confident about the progress they have already made. Others used the experience to recognise where greater focus and determination will be needed over the coming months. Importantly, the event reinforced a shared message for all: with hard work, resilience and grit, every student has the capacity to improve, grow and reach the grades required for their chosen post-18 destinations.

By receiving their results in a supportive environment, students were able to interpret their grades with balance and maturity. The structure of the ceremony helped to reduce anxiety and familiarise students with the emotions and processes associated with receiving examination outcomes. This experience plays a key role in building their confidence and readiness for the final examination series.

Bringing the year group together also created a strong sense of community and shared purpose. Students reflected thoughtfully on their next steps, and tutors and teachers were on hand to offer guidance, reassurance and strategies for moving forward. The ceremony helped many students identify clear goals and understand how targeted revision, consistency and taking the advice and guidance available from teachers will make a significant difference in the time remaining.

Above all, the event highlighted that progress is always possible. No matter the starting point, each student has the potential to move their grades upward and position themselves for success in their next steps - whether university, apprenticeships or employment.



Year 9 Magistrates' Mock Trial Winners!



On Saturday 7th March the Library's Year 9 Mock Trial team travelled to Wimbledon Magistrates' Court to compete in the Young Citizens Mock Trial Competition. The team did exceptionally well, defeating five other tough teams and took home the winning trophy! Huge congratulations to the team for all of their hard work and effort in getting ready for this event!

They will now progress to the next stage in this prestigious competition.

Looking Ahead

A Week

"She wasn't broken. She saw and interacted with the world in a different way. That was her." Helen Hoang

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

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Author visit with Kristina Rahim



On Friday 6th March Year 7 had a fantastic author event to wrap up our World Book Week Celebrations. Kristina's novel, *The Doughnut Club* was part of our annual book award shortlist and her talk with the pupils was amazing!



Year 12 Chemistry Visit to Kingston University

An Inspiring STEM Experience



Year 12 Chemistry students recently enjoyed an insightful visit to Kingston University, where they had the opportunity to experience life as STEM undergraduates for the day.

During the visit, pupils explored a range of Post18 STEM degree pathways, gaining valuable insight into the courses, facilities and career routes available within the fields of Chemistry, Chemical Sciences and Pharmaceutical Sciences. The university delivered an informative talk outlining what students can expect from studying at degree level, helping them begin to consider their future options with greater clarity and confidence.

One of the highlights of the day was the chance to work inside Kingston's state of the art laboratories. Students carried out practical work directly linked to the A-Level Chemistry specification, including the synthesis of aspirin and the use of analytical spectroscopy techniques, such as infrared spectroscopy. For many, this was their first experience using university grade equipment, offering a valuable opportunity to strengthen their practical skills and deepen their understanding of key chemical principles.

The visit proved highly motivating. Pupils commented on how exciting it was to see real world chemistry in action and how the experience had strengthened their ambition to pursue STEM courses beyond sixth form. Many left feeling inspired, energised and more determined than ever to continue working hard towards their goals.

A big thank you to Kingston University for welcoming our students and providing such an enriching and memorable experience.



Netball success



This week the Year 8 netball team won the Sutton plate tournament winning every game. The year 7s came 4th in their plate tournament.

Congratulations to all the pupils who participated.

Sporting Results

Year Group	Sport	Opponent	Result
Yr8	Netball	Various	Won
Yr7	Netball	Various	4th Place
U16	Girls' Football	Sutton High	Won 3 - 2

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Inspiring Leadership in the Arts: GCSE Mentoring Workshop

On Friday 6th March, our Year 11 GCSE Art and Photography pupils benefited from a specialized workshop designed to boost their exam unit progress. Sessions were led by our Lead Art and Photography students, hand-selected from the very best of our Sixth Form who provided an invaluable opportunity for Year 11s to discuss their themes and concepts in a focused, independent setting. Through a series of individual tutorials, our Sixth Formers offered expert direction, technical tips, and personalized feedback to help the younger students refine their artistic visions.

The entire experience was a triumph of collaborative learning. We would like to extend a huge thank you to our Sixth Form leads for their professionalism and for so generously giving back their time, skill, and knowledge to support the next generation of artists.

The Art & Photography team department.



Year 12 UCAS, Apprenticeships and UNIFROG Seminar

Exploring Post 18 Pathways



Our Year 12 students recently took part in a highly informative and motivating seminar focused on post-18 options, including UCAS, apprenticeships, and effective use of UNIFROG. The session was designed to support students as they begin making well informed choices about their next steps after sixth form.

During the seminar, pupils explored the full range of university pathways, learning about course selection, entry requirements, and how to begin preparing for strong UCAS applications. The seminar provided information into the growing number of apprenticeship routes available, including higher and degree apprenticeships that combine academic study with real world professional experience.

Students were guided through UNIFROG, our comprehensive destinations platform and given time to show how UNIFROG can support their decision making throughout Year 12 and into Year 13. Staff were on hand to offer advice, answer questions and reassure students that they will be fully supported throughout the entire process.

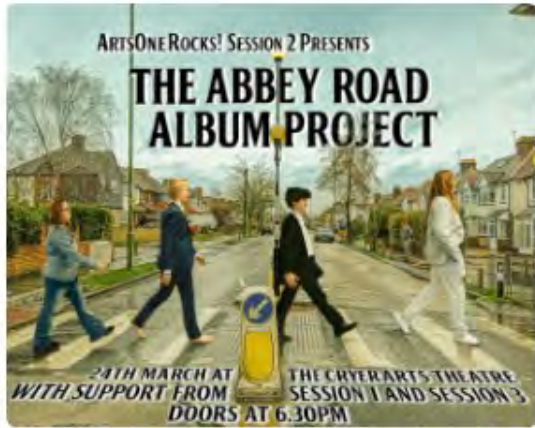
We hope the seminar supports Year 12 to begin to determine their next steps.

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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, Virtuo, 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.](#)



Please be aware that police officers from Stonecot and North Cheam Safer Neighbourhoods Teams will be undertaking a bicycle marking event on Saturday 14th March between 12:00hrs and 14:00hrs outside Tesco's Superstore Oldfields Road. This is a perfect opportunity for anyone with a bicycle to have it marked and registered for free with a unique identification marker to deter thieves and help in the return of any stolen bikes seized.

Police will also be able to help give advice on crime prevention matters in relation to bike theft as well as many other matters. They will also be present to talk about any local issues or concerns residents may have.



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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.

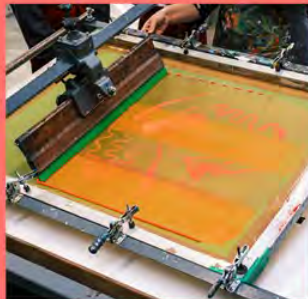
The clubs will run for 4 consecutive Saturdays from 7th – 28th March, 10:00-14:00 and are completely **FREE** to take part in (upon successful application). You will be provided with everything you need to participate. Lunch is also provided each week for participants.

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

Teachers can better support students who are consistently present



Mental Health & Emotional Wellbeing Tip

Balance work and rest – Prevents burnout
→ Plan one “no homework” evening each week

Coping with exam stress



Making it through revision

There's no right or wrong way to revise for your exams – everyone has their own methods and style. If you're stuck for inspiration, here are some ideas.

- Use practical memory aids like flash cards, mind maps, infographics and videos, as well as reading and writing notes.
- Use a calendar to keep track of important events, dates and deadlines.
- Keep your phone and social media off, so you can concentrate.
- De-clutter your study space.
- Schedule games of breakers - take a walk, listen to some music, stretch & change scenes.
- Speed time making a revision plan so you can see what you're going to make next when.
- Talk to your teachers if you're struggling with a particular topic - they're there to help you.
- Explain key theories to a friend or family member - this should help you remember them and structure your responses.
- Test yourself and ask someone else to test you as well.
- Reward yourself once you've finished a topic or revision session.
- Get plenty of sleep! The more rested you are, the better your memory will be.

REMEMBER Feeling stress and anxiety is understandable. You're not alone if you're struggling – make sure you talk to your family or support network to help you. Visit aqa.org.uk/exam-stress for tips and techniques to guide you through this time.

Coping with exam stress



Keeping calm on exam day

- Eat the right foods – a lack of energy can affect your concentration.
- Read the instructions on the front of the exam paper carefully.
- Get your stuff ready together – bring spare identification, a pencil case and a calculator if it's allowed. A clear pencil case or calculator bag is best to use.
- Once the exam starts, read through the whole paper before answering anything – you'll be able to see how much time you'll need to answer each question and plan your time effectively.
- Bring a bottle of water so you don't get thirsty but not too much.
- If you feel nervous or need to go to the toilet, get your hand up to the invigilator and help you.
- So the day is here. You've studied, had a good night's sleep and you're ready to go. Here's some advice to help get you through the day.
- Arrive on time – ideally 10–15 minutes before the start of the exam.
- Don't let other students make you stressed while you are waiting to go in – you're in your own territory.
- Don't bring your phone with you.
- It's exam time! Breathe. Don't talk to other students until you get into the exam room – this could be viewed as collusion, even if you're just talking about the content of the exam.
- Look for the command words, identify key words before you answer the question.

REMEMBER Your examiners want you to do well. They're real people who have sat exams before and they understand how nerve-wracking and stressful the experience can be. Visit aqa.org.uk/exam-day for lots of help and guidance about exam days.



GHS Update

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

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

Jelly Roly Poly & Custard

THURSDAY

Banana 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

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

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

Train to Teach



Webinar

Thursday 26th March 2026
5-6 pm

Find out about our training programme, and how to apply for September 2026

To book a free place email RFA@glenthorne.sutton.sch.uk or use the QR code