



GHS Update

Achievement for All

W/C 23.03.2026

March 2026

Issue No. 162



Year 8 Careers Destinations Day: Exploring Future Paths



Year 8 pupils were given an exciting opportunity to explore a variety of career options during the school's recent Careers Destinations Day. The event, designed to help students start thinking about their futures, was filled with informative sessions and hands-on workshops led by employers from the local area. The day began with an engaging assembly that introduced students to the wide range of post-16 options available to pupils, including further education routes, such as university, as well as vocational training.

Throughout the day, students participated in workshops across a variety of industries. These workshops, led by local professionals and employers, offered pupils a taste of different careers, including construction, law, STEM (Science, Technology, Engineering, and Mathematics), creative media, and architecture. The hands-on nature of these sessions allowed students to engage with real-world applications of the subjects they study, inspiring them to think about the career possibilities in each field.

In addition to exploring specific industries, pupils had the opportunity to develop key employability skills. Mock interviews were held during the day. These mock interviews helped boost pupils confidence and provided valuable feedback that they can use in future job applications.

Thank you to all the employers and presenters that helped to make this day so informative and enjoyable.



Looking Ahead

B Week

"I do not want art for a few any more than education for a few, or freedom for a few." William Morris

Abbey Road Album Project

Tuesday 24th march

Spring Concert

Thursday 26th march

Last day of term

Friday 27th March, pupils will be dismissed at 12:30

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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Glenthorne's Model UN Club at London Youth MUN 2026



Our Model United Nations team returned once again to the MUN conference held at the London School of Economics.

The Opening Ceremony started with a panel of young diplomats, working at the UN, or Amnesty International, or as a Young Mayor. Hearing their experiences working to make the world a better place even at their young age was inspirational.

After months of preparation for this conference, our ten student delegates then spent three days debating both topical issues like the rights of stateless people or the privatisation of war, and historical crises like the Berlin Blockade or the Cuban Missile Crisis. Our Year 13s even took on the roles of real-life MPs in a mock House of Commons committee, to discuss Labour's English Devolution and Community Empowerment Bill.

All our students, from Year 10s to Year 13s performed exceptionally well, earned praise from their Chairs, and, in a conference of 650 delegates, brought home no less than 5 awards! Congratulations to them all!

Our Model UN Club is already looking forward to our next MUN conference in April at King's College London.



Year 10s at the London School of Economics' SDG Hackathon



On Monday 9th March, Glenthorne's SDG Hackathon team travelled to the London School of Economics to take part in the finals of an essay-writing competition on the United Nations' Sustainable Development Goals. They did an amazing presentation of their findings on Goal 16.2, facing off against a team from Jeannine Manuel School London. Glenthorne won first place, and our students received lots of compliments from the LSE professor judging the competition.

They returned to the LSE the following Friday to present their work at the Opening Ceremony of the London Youth MUN 2026. A huge congratulations to them for their hard work and victory!

Sporting Results

Year Group	Sport	Opponent	Result
U14	Girls' Football	Oaks Park	Won 7 - 1



As part of our local community outreach work, we have partnered with Sutton Community Works to help those most in need this Easter.

We have been running an Easter Egg collection which we will then be donated to the local foodbank.

If possible, we are asking pupils for a donation of an Easter Egg(s), this can be handed in at the library during AM registration on **Monday 23rd March**.

Any donation will be gratefully received.



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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.](#)



A uniquely diverse place to learn & teach

In Sutton, we have high-performing schools of every type, which makes us unique in being able to offer a 'first-class' and diverse experience to our trainee teachers.

From mixed comprehensives to single-sex academies, from grammar to faith schools... Sutton has the pick of the crop. We also have 'exceptionally high' employment rates and most of our trainees gain their first teaching posts in local schools.

We are now recruiting for trainees in primary and a broad range of secondary subjects. If you are looking for a rewarding career where your work makes a real difference, then we can support you every step of the way.



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Get in touch to find out more





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Attendance Fact of the week

Homework and assessments are easier to manage with regular attendance



Mental Health & Emotional Wellbeing Tip

Build friendships – Social support boosts wellbeing
→ Reach out to someone you haven't spoken to in a while

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 & burn some
- Speed time making a revision plan so you can see what you're going to make next when
- Use plenty of sleep! The more rested you are, the better your memory will be
- Reward yourself once you've finished a topic or revision session
- Test yourself and ask someone else to test you as well
- Speak to your teachers if you're struggling with a particular topic - they're there to help you
- Explore key theories in a friend or family member - this should help you remember them and structure your responses
- Get your revision in a friend or family member - this should help you remember them and structure your responses
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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

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.

- Eat the right foods – a lack of energy can affect your concentration
- Read the instructions on the front of the exam paper carefully
- 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
- If you feel nervous or need to go to the toilet, get your hand up to the invigilator and help you
- Bring a bottle of water so you don't get thirsty but not too much
- Arrive on time – ideally 10–15 minutes before the start of the exam
- Don't let other students make you nervous while you are waiting to go in – you're all your own business
- Don't bring your phone with you
- Be honest how long you've got to answer the question – if you're not 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

March 2026

Issue No. 162

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

Mixed Fruitapple cake with mustard

TUESDAY

Chocolate & Banana Brownie

WEDNESDAY

Syrup Sponge with Toasted

THURSDAY

Daily Apple Crumble with Custard

FRIDAY

Milk 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

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

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



GHS Update

New Cucina Menu

Available from April

March 2026

Issue No. 162

TRY SOME NEW!
HOT POWER BITES
ONLY £1.35

GARLIC FRENCH BREAD



CHEESE & SPRING ONION QUESADILLA
GINGERBREAD POPCORN
BBQ FRENCH BREAD PIZZA
TOMATO & BASIL PASTA
CHEESE & TOMATO NACHO MELT
GARLIC BREAD
GARLIC FRENCH BREAD
SESAME VEGETABLE NOODLES
PASTA ARRABIATA

TRY SOME NEW!
HOT POWER BITES
ONLY £1.35

TOMATO AND BASIL PASTA



MEXICAN SALSA QUESADILLA
CAJUN POPCORN
CHEESY GARLIC FRENCH BREAD
TOMATO & BASIL PASTA
SOY, GARLIC & GINGER NOODLES
GARLIC BREAD
CHEESE STRAWS
SPICY VEGETABLE NOODLES

TRY SOME NEW!
HOT POWER BITES
ONLY £1.35

SPICY VEGETABLE NOODLES



CAJUN VEGETABLE QUESADILLA
PLAIN POPCORN
FRENCH BREAD PIZZA
TOMATO & BASIL PASTA
SPICY SPECIAL FRIED RICE
GARLIC BREAD
CHEESE & TOMATO MUFFIN
SPICY VEGETABLE NOODLES
PASTA WITH CHEESE SAUCE

GHS Update

New Cucina Menu

Available from April 2026

March 2026

Issue No. 162



WEEK 1
Week Commencing: 13/04/26 04/05/26 25/05/26 15/06/26 06/07/26 27/07/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
MONDAY Beef & Lentil Bolognese with Pasta & House Salad	MONDAY Plant Based Bolognese with Pasta & House Salad (V)
TUESDAY Bang Bang Chicken with Soy & Mixed Rice	TUESDAY Bang Bang Eat Carious with Soy & Mixed Rice (V)
WEDNESDAY Garden of Eatin' of Lemon & Thyme Roast Chicken, Crisp Potatoes, Seasonal Vegetables & Roast House Gravy	WEDNESDAY Vegetable Spatchcock Pot with Crispy Roasties, Seasonal Vegetables & Roast House Gravy (V)
THURSDAY Chicken Tikka & Chickpea Masala, Braised Root & Kachumber Salad	THURSDAY Cauliflower, Courgette & Chickpea Roast with Braised Root, Kachumber Salad & Mixed Yoghurt Dressing (V)
FRIDAY Chip Shop 'Friday' Fish, Salmon Fishcake or Pizza with Cheese, Peas & Tartare Sauce	FRIDAY Vegan Chickpea & Combedor Burger with Fries (VE)

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vanilla Icecream	Chocolate Cake & Cheesecake	Crème Brûlée	Apple Pie	Big Cheesecake

Fruit and Jelly Pots Available Daily

JACKET POTATOES
Topped with a Choice of: Cheese, Tuna or Beans Available Daily

Cucina

Street Vibes **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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegan Singapore Noodles (V)	The Big Plant Burger (VE)	Roasted Butternut, Sweetcorn & Chipotle Chicka (VE)	Miso & Chili Cauliflower Wings with Green Miso (VE)	Grain & Chili Noodles (VE)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta in Cheese Sauce	Tomato & Basil Pasta	Margherita or Peppercorn Pizza	Creamy Potato Pasta	Margherita Pizza

WEEK 2
Week Commencing: 20/4/26 11/05/26 01/06/26 22/06/26 13/07/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
MONDAY Pork Sausage (Beef Casserole) or Halli Chicken Sausage (Beef Casserole) & Mashed Potatoes with Onion Gravy	MONDAY Vegan BBQ Bacon Super Sausage Casserole & Mash (VE)
TUESDAY Cajun Chicken, Tomato & Sweetcorn Whitebean Pasta Bake with House Salad	TUESDAY Lentil & Chickpea Dahl with Roasted Tikka Cauliflower & Steamed Rice (V)
WEDNESDAY Roast Breast of Turkey, Crisp Roasties, Seasonal vegetables & Roast House Gravy	WEDNESDAY Cheese & Potato Pie with Roast Potatoes, Seasonal vegetables & Roast House Gravy (V)
THURSDAY Sweet & Sour Chicken with Carrot Rice	THURSDAY Crunchy French Onion & Leek Macaroni Cheese with house Salad (V)
FRIDAY Chip Shop 'Friday' Fish, Salmon Fishcake or Pizza with Cheese, Peas & Tartare Sauce	FRIDAY Vegan Moroccan Spiced Butternut Squash Party with Cheese & Peas (VE)

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vanilla Icecream	Apple & Basil Cheesecake	Crème Brûlée	Apple Pie	Big Cheesecake

Fruit and Jelly Pots Available Daily

JACKET POTATOES
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NATURALLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grain & Chili Noodles (VE)	Singapore Noodle Rice (VE)	Lentil & Chickpea Dahl with Crispy Roasties (VE)	The Big Plant Burger (VE)	Vegan Singapore Noodles (VE)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta in Cheese Sauce	Tomato & Basil Pasta	Margherita or Peppercorn Pizza	Creamy Potato Pasta	Margherita Pizza

WEEK 3
Week Commencing: 27/04/26 18/05/26 08/06/26 29/06/26 20/07/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
MONDAY Mexican Beef Nacho Pasta Bake	MONDAY No Wash Cauliflower Cheese Pasta Bake (V)
TUESDAY BBQ Chicken with Salt 'n' Pepper Wedges, Asian Slaw & Garden Fries	TUESDAY Chickpea Garam Dippers with Salt 'n' Pepper Wedges, Asian Slaw & Garden Fries (V)
WEDNESDAY Roast Pork or Salt 'n' Pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables & Roast House Gravy	WEDNESDAY Roasted Vegetable & Chickpea Pasta Bowl with Crisp Roasties, Seasonal Vegetables & Roast House Gravy (V)
THURSDAY Fragrant Lemongrass & Herb Chicken with Sticky Rice	THURSDAY Hot Miso & Cajun Duck Fillet with Sticky Rice (V)
FRIDAY Chip Shop 'Friday' Fish, Pizza or Fishcake & Chips with Peas and Tartare Sauce	FRIDAY Crispy Chickpea & Vegetable Pasta Burger with Miso Slaw, Chips & Peas (V)

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vanilla Icecream	Apple & Basil Cheesecake	Crème Brûlée	Apple Pie	Big Cheesecake

Fruit and Jelly Pots Available Daily

JACKET POTATOES
Topped with a Choice of: Cheese, Tuna or Beans Available Daily

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NATURALLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegan Singapore Noodles (VE)	The Big Plant Burger (VE)	Hot Miso Pasta with Roasted Potatoes (VE)	Green Pesto Spaghetti with Roasties (VE)	Grain & Chili Noodles (VE)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta in Cheese Sauce	Tomato & Basil Pasta	Margherita or Peppercorn Pizza	Creamy Potato Pasta	Margherita Pizza