

GHS Update

Achievement for All

W/C 13.04.2026

March 2026

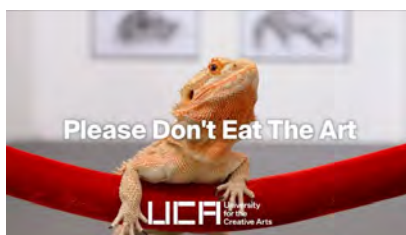
Issue No. 163




The future in animation



Stephen Featherstone, a lecturer and animator from UCA Farnham, visited the school to deliver an inspiring talk about the animation course offered at the university. He highlighted the wide range of career paths available in animation, from film and television to apps and mobile content, emphasising the creative opportunities offered by the industry. Stephen also showcased the success of UCA alumni, who have contributed to well known productions such as Peppa Pig, Fantastic Mr Fox, Hey Duggee, Futurama and Wallace and Gromit. He explained how the course is structured and the many ways students develop their skills at UCA, including their amazing workshops where students practise drawing from live animals such as meerkats, snakes and armadillos. Stephen then joined Year 12 Photography for a Period 5 discussion about other opportunities at UCA and creative careers. The event attracted an excellent turnout of more than 20 students from Years 10 to 13.



 Looking Ahead

A Week

"To be an artist is to believe in life." Henry Moore

British Summer time begins (clocks go forward)

Sunday 28th March

Easter Holidays

Monday 30th March - Friday 10th April

Year 12 Parents' Evening

Wednesday 15th April

Year 8 HPV Vaccination

Thursday 21st May

Inset Day

Friday 26th June



Glenthorne Easter Egg Donation – A Wonderful Community Gesture

On Tuesday 24th March, Glenthorne pupils delivered a generous collection of around 70 Easter eggs to Sutton Foodbank.



This thoughtful donation will help ensure that children across Sutton enjoy a brighter, more joyful Easter. The Foodbank expressed their gratitude for the kindness shown, noting how much these small treats can mean to local families.

A huge well done to our Glenthorne pupils for their compassion, generosity, and commitment to supporting the local community. Your kindness truly makes a difference.



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Abbey Road Musical Event



On the evening of Tuesday 24th March, pupils from ArtsOneRocks Session 2 took part in a unique opportunity to perform from cover to cover the Beatles' iconic Abbey Road album at the Cryer Arts Centre. The students performed superbly and thoroughly enjoyed the experience. From the inception of the album project, all the pupils embraced the challenge of recreating the full piece, note for note however special recognition goes to Sam B-W who played all the piano parts as the only piano player in Session2.

Sessions 1 and 3 also supported, treating the audience to an assortment of covers that they have learned this term, of which there were some clear favourites: Hold the Line by Toto and the primary aged Session 3 pupils who brought the house down with their rendition of Fight for Your Right by the Beastie Boys (with appropriately altered lyrics of course!).

Thank you to Mr Jays, Mr Go and Mr Reeves for all their technical support and for filming the event for the GHS archives, all the parents and carers for attending and supporting the performers throughout their musical journey and all the tutors and colleagues from ArtsOneRocks whose teaching enabled the pupils to shine.



Sporting Results

Year Group	Sport	Opponent	Result
Yr10	Football	Oaks park	Won 3 - 1
U16	Football Girls	Carshalton Girls	Lost 4 - 2



Spring concert



On Thursday 26th March, we held our annual Spring concert in the Hall with around 100 pupils taking part. We had our usual ensembles performing Film/Jazz/Pop/Musical theatre repertoire plus some outstanding solo items. There were many pupil led items and some of our Music technology pupils managed the sound desk and technical side of the concert as part of their course. All pupils performed with passion and confidence and we are very proud of all their hard work this term.

Our next Music Department event is Battle of the Bands on **Thursday 7th May**.





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Science week

This week we had an extensive itinerary of science activities on offer to celebrate Science week, ranging from chemical explosions, to dissected organs, hair raising physics and students delving into their scientific and general knowledge for the science house week quiz.

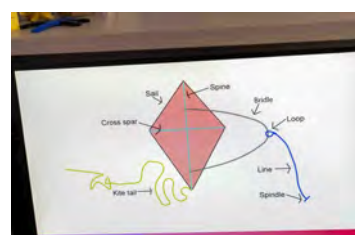
Thank you to all our 6th former science students who participated in demonstrating and to all the pupils that attended at lunchtimes to learn a little more about science.

Science immersion day

On Wednesday, year 7 pupils enjoyed a full day of science themed activities including F1 researching, kite building, strength testing strawberry laces and rocket designing. In addition we enjoyed a visit from Sublime Science to demonstrate some extraordinary scientific phenomena which truly captivated the pupils. Thank you to all the staff involved in running sessions.

Year 9 Stem challenge

Six of our year 9 scientists; Tarun, Aden, Aiden, Toby, Shing Fung and Beverly worked brilliantly as a team at the Stem Challenge at Harris Sutton on Thursday 26th March. Together they had to work against the clock to design a timer using simple craft suppliers and circuits that would light a bulb after 10 seconds. Their final design was the only one to successfully work during testing and they came 2nd overall in the competition. Well done to the team!



Bebras Coding Challenge

On Wednesday, 63 pupils took part in the first ever GHS Bebras Coding Challenge. This was only open to pupils who had achieved in the top 10% of the country for the Bebras Challenge last October, in which over 720 pupils at Glenthorne participated.



MOVE IT Dance Trip

Our Year 12 dancers took part in an inspiring and energetic day at the MOVE IT Dance Convention this week. Students participated in a Contemporary Jazz class led by industry professional Vicki Wyatt, developing their technique and performance skills in a challenging workshop. They also enjoyed watching high-quality performances from leading dance conservatoires and spent time gathering valuable information about future university and drama school pathways. It was a fantastic opportunity for students to broaden their understanding of the dance industry and explore their next steps.





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Attendance Fact of the week

Children who attend regularly are more confident in their learning



Mental Health & Emotional Wellbeing Tip

Be kind to others – Kindness improves mood for both people
→ Do one kind act for someone each week



9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

@BELIEVEPHQ

WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with your or problem solve to overcome them

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.





GHS Update

Cucina Menu

March 2026

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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

MONDAY

Beef & Lentil Bolognese with Pasta & House Salad

TUESDAY

Bang Bang Chicken with Soy & Mixed Rice

WEDNESDAY

Glazed Gammon or Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & Roast House Gravy

THURSDAY

Chicken Tikka & Chickpea Masala, Braised Rice & Kachumber Salad

FRIDAY

Chip Shop 'Fryday' Fish, Salmon Fishcake or Pizza with Chips, Peas & Tartare Sauce

VEGETARIAN MAIN MEALS

MONDAY

Plant Based Bolognese with Pasta & House Salad (V)

TUESDAY

Bang Bang Eat Curious with Soy & Mixed Rice (V)

WEDNESDAY

Vegetable 'Squashage' Roll with Crispy Roasties, Seasonal Vegetables & Roast House Gravy (V)

THURSDAY

Cauliflower, Courgette & Chickpea Rosti with Braised Rice, Kachumber Salad & Minted Yoghurt Dressing (V)

FRIDAY

Vegan Chickpea & Coriander Burger with Fries (VE)

DESSERTS

MONDAY

Baked Tiramisu Cake

TUESDAY

Chocolate & Banana Brownies

WEDNESDAY

Sticky Fingers Cake

THURSDAY

Salty Apple Crumble

FRIDAY

Hot Chocolate Rocky Road & Caramel

Fruit and Jelly Pots 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

Vegan Singapore Noodles (VE)

TUESDAY

The Big Plant Burger (VE)

WEDNESDAY

Roasted Butternut, Sweetcorn & Chipotle Pasta (VE)

THURSDAY

Maple & Chilli Cauliflower Wings with Cajun Wedges (VE)

FRIDAY

Garlic & Chilli Noodles (VE)

TRATTORIA

MONDAY

Pasta in Cheese Sauce

TUESDAY

Tomato & Basil Pasta

WEDNESDAY

Margherita or Pepperoni Pizza

THURSDAY

Creamy Pesto Pasta

FRIDAY

Margherita Pizza





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New Cucina Menu

Available from April

March 2026

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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