

# GHS Update

*Achievement for All*

*W/C 01.06.2026*

*May 2026*

*Issue No. 167*



## A message from the headteacher - Dr Peacock

As we come to the end of Summer 1, it is hard to believe how quickly the half term has gone. The weeks have moved at pace, with a strong sense of focus across the school.

A key priority for staff has been the external examination series. Colleagues are working hard to ensure that pupils in Years 11 and 13 are fully supported as they complete their GCSE and A Level exams. Revision sessions will continue over the half-term break, and it is important that pupils attend these on time. Please note that school doors will be closed to maintain security; if pupils arrive late, they will not be able to access the session.

With the weather finally starting to improve, we will move to summer uniform after the half-term break. Please see the expectations below:

- \* No requirement to wear a blazer
- \* Pupils wearing skirts may choose either black tights or white ankle socks
- \* Skirts must be worn at the knee

All other standard uniform expectations remain in place.

We wish all pupils and families a lovely break in the sunshine.



## 🕒 Looking Ahead

“Be who you are and say what you feel, because those who mind don’t matter and those who matter don’t mind.”

Dr. Seuss

## A Week

### May Half Term

Monday 25th May - Friday 29th May

### Year 7 Challenge Week Information evening

Monday 8th June

### Year 8 Challenge Week Information evening

Tuesday 9th June

### Year 9 Challenge Week Information evening

Wednesday 10th June

### GHS School Sports Day

Friday 3rd July



## DungeonFest in the Library!



To celebrate the Library’s 10th Birthday, a Saturday Dungeons and Dragons event was held on 16 May. Over 60 pupils attended for four hours of Dungeons and Dragons, snacks, figure painting and prizes. It was a fantastic way to celebrate the library and D&D!



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## Attendance Fact of the week

Regular interaction with adults and peers builds communication skills.



## Mental Health & Emotional Wellbeing Tip

Avoid gossip – It damages trust and wellbeing.  
→ Choose not to engage in negative talk once a week

# Top 10 Revision Tips



### Rise and shine

Starting your revision by 9am will help you get into a routine that you can stick to.



### Breakfast

Having breakfast before revising is vital as it helps you to concentrate for longer.



### Log off

Switch off all devices, a five minute peek at Facebook turns into an hour so easily. Use internet time as a reward on a break.



### Past papers

Past exam papers are a perfect way to get used to exam pressure. Time yourself and use past papers to improve your confidence.



### Get colourful

Keep your notes organised and bright. Use different fonts, pens and diagrams. Colour coding your areas also helps.



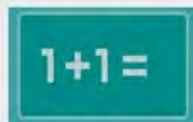
### Stick to the plan

Make a revision timetable, it will help you prioritise your areas. Plan for different ways of learning (mind maps, essays, fact cards)



### Take breaks

Take a short break (5-10 minutes) after every half hour - It's important to get away from your work area. Adding breaks into your timetable is vital.



### Teach

If you are confident with a subject, teach it to your friends and they can do the same for you.



### No last minute revision

Cramming 10 minutes before an exam doesn't work, planning your time and working hard does!



**Breathe!**

**You'll be great!**



# GHS Update

Cucina Menu

May 2026

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## 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

##### MONDAY

Pork Sausage (Beef Casing) or Halal Chicken Sausage (Beef Casing) & Mashed Potatoes with Onion Gravy

##### TUESDAY

Cajun Chicken, Tomato & Sweetcorn Wholewheat Pasta Bake with House Salad

##### WEDNESDAY

Roast Breast of Turkey, Crisp Roasties, Seasonal Vegetables & Roast House Gravy

##### THURSDAY

Sweet & Sour Chicken with Carrot Rice

##### FRIDAY

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

#### VEGETARIAN MAIN MEALS

##### MONDAY

Vegan BBQ Boston Bean Sausage Casserole & Mash (VE)

##### TUESDAY

Lentil & Chickpea Dahl with Roasted Tikka Cauliflower & Steamed Rice (V)

##### WEDNESDAY

Cheese & Potato Pie with Roast Potatoes, Seasonal Vegetables & Roast House Gravy (V)

##### THURSDAY

Crunchy French Onion & Leek Macaroni Cheese with House Salad (V)

##### FRIDAY

Vegan Moroccan Spiced Butternut Squash Pasty with Chips & Peas (VE)

#### DESSERTS

##### MONDAY

Chocolate Sponge with Caramel Sauce

##### TUESDAY

Pear & Apple Orchard Crumble

##### WEDNESDAY

Cocoa Bread & Butter Pudding

##### THURSDAY

Jam & Cinnamon Sponge

##### FRIDAY

Apple Traybake

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

Garlic and Chilli Noodles (VE)

#### TUESDAY

Singapore Fried Rice (VE)

#### WEDNESDAY

Lentil & Chickpea Dahl with Crispy Bombay Potatoes (VE)

#### THURSDAY

The Big Plant Burger (VE)

#### FRIDAY

Vegan Singapore 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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On **Thursday 11th June 2026** a 'UCAS Conservatoire and Drama School' evening is taking place at Glenthorne High School from 6pm-7pm.

This evening is targeted towards pupils who are in Y9-Y12 who have an ambition of becoming a professional actor, dancer, designer or musician. This evening will give pupils an insight into how to apply for these types of courses along with an outline of the Y12 UCAS application process for conservatoires.

Hopefully, the evening will be an inspiring one for all our budding actors, musicians, and dancers in Years 9-12.

[Please complete the Attendance Form – UCAS Conservatoire Evening by Monday 1st June to register interest.](#)

