

GHS Update

Achievement for All

W/C 08.06.2026

June 2026

Issue No. 168



Duke of Edinburgh - Kings Garden Party Celebration



On 22nd May, our DofE Coordinator had the privilege of attending a special event at Buckingham Palace to celebrate the 70th anniversary of the Duke of Edinburgh's Award.

The weather was perfect for the celebration, and it was a wonderful opportunity to meet and speak with many young people and adults involved in the programme.

Guests were then free to explore the Palace gardens at their leisure, which was a particularly exciting experience. Performances from military bands, positioned around the main lawn, added to the celebratory atmosphere. The highlight of the day, however, was the speeches on the West Terrace. These included a moving address from a young Gold Award recipient, as well as words from broadcaster and author Jake Humphrey and His Royal Highness The Duke of Edinburgh. After the speeches, His Royal Highness took the time to speak with as many guests as possible, making the occasion even more memorable.



Overall, it was a truly inspirational day, and one that our DofE Coordinator felt incredibly proud to be part of.

 Looking Ahead

B Week

**"Perseverance and spirit have done wonders in all ages."
George Washington**

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

Inset Day
Friday 26th June

GHS School Sports Day
Friday 3rd July



Inspire 2026!

We are delighted to announce as part of the Glenthorne Arts Festival Inspire 2026! INSPIRE has been running since 2016 as a platform for Dance and aims to highlight student leadership and independence through choreographies by both students and staff. We would like to invite you to celebrate the student's achievements in their extra-curricular dance events.

INSPIRE will be taking place on two nights in the **Sports Hall at Glenthorne High School**.

Night One – Monday 29th June 6.30-8pm

Night Two – Wednesday 1st June 6.30-8.15pm

If your child is taking part in Inspire please read this letter with all the information, including a consent form for you to fill out.

Tickets can be purchased from the following link:

<https://www.ticketsource.com/glenthornehighschool>

Please find the Inspire 2026 trailer to enjoy: [Inspire Trailer 2026](#)



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Attendance Fact of the week

Children learn time management and organisational skills through daily routines.



Mental Health & Emotional Wellbeing Tip

Support a friend – Helping others boosts your own wellbeing
→ *Check in with a friend who seems quiet or stressed*

NHS
South West London and St George's Mental Health NHS Trust

Education Wellbeing Service

Education Wellbeing Service Webinar

Supporting Your Teenager With Emotional Difficulties and Self-Harm

Being a teenager can be difficult to navigate, with lots of change and emotional ups and downs.

Parents and carers can have key roles in supporting their teenagers through this by understanding emotional regulation, and how to facilitate healthy responses to difficult or testing situations.

DATE / TIME
Wednesday 10th June
1.00-2.00pm

LOCATION
Online - Hosted on Teams

DATE / TIME
Thursday 18th June
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](#)

wellbeinginschoolsevents@swlstg.nhs.uk

NHS
South West London and St George's Mental Health NHS Trust

Education Wellbeing Service

Education Wellbeing Service Webinar

SUPPORTING YOUR TEEN'S TRANSITION TO COLLEGE - PARENT / CARER WEBINAR

Moving from secondary school to college involves lots of different changes for adolescents, including travelling new routes, becoming familiar with new environments and teachers, making new friends, and learning new subjects. This workshop aims to discuss these common worries and provide strategies to help you support your teen through the transition.

This workshop is for the parents and carers of teens that are going to one of our colleges: Merton, Carshalton, Wandsworth, Kingston, Croydon and Richmond.

DATE / TIME
Monday 6th July 1.00-2.00 pm
Wednesday 26th August 6.00-7.00 pm

LOCATION
Online - Hosted on Teams

Sign up to this event for free on Eventbrite by scanning the QR Code or following the link below:
[Click here to book](#)

wellbeinginschoolsevents@swlstg.nhs.uk



GHS Update

Cucina Menu

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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

MONDAY

Mexican Beef Nacho Pasta Bake

TUESDAY

BBQ Chicken with Salt 'n' Pepper Wedges, Asian Slaw & Garden Peas

WEDNESDAY

Roast Pork or Salt 'n' Pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables & Roast House Gravy

THURSDAY

Fragrant Lemon & Herb Chicken with Spicy Rice

FRIDAY

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

VEGETARIAN MAIN MEALS

MONDAY

No Waste Cauliflower Cheese Pasta Bake (V)

TUESDAY

Chipotle Quorn Dippers with Salt 'n' Pepper Wedges, Asian Slaw & Garden Peas (V)

WEDNESDAY

Roasted Vegetable & Chickpea Pastry Roll with Crisp Roasties, Seasonal Vegetables & Roast House Gravy (V)

THURSDAY

Hot Maple & Cajun Quorn Fillet with Spicy Rice (V)

FRIDAY

Crispy Chickpea & Vegetable Pakora Burger with Mango Slaw, Chips & Peas (V)

DESSERTS

MONDAY

Sticky Lemon Sponge

TUESDAY

Mixed Berry & Apple Dumpling

WEDNESDAY

Chocolate & Whole Banana Nut Pastry Pinwheel

THURSDAY

Nut Free Bakewell Sponge

FRIDAY

Hot Chocolate Rocky Road & Custard

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

Pesto Pasta with Roasted Tomatoes (VE)

THURSDAY

Onion Bhaji Skewer with Bombay Potatoes (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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Now Showing
GHS MUSIC PRESENTS...
Sounds Of Summer
A NIGHT AT THE MOVIES

BOOK TICKETS FROM:
 TICKETSOURCE.COM

TUESDAY 30TH JUNE

DOORS OPEN AT 6PM

Glenthorne High School
Achievement for all

Made by Adi Coton

Glenthorne High School Presents
INSPIRE 2026

Monday 29th June
 Wednesday 1st July

Tickets available now on
 Ticketsource

GHS DANCE

NEED A CAREER CHANGE?
JUST FINISHED YOUR DEGREE?

DO YOU HAVE:

- A DEGREE IN ANY SUBJECT?
- ENGLISH, MATHS & SCIENCE GCSES GRADE 4/C?

TEACH PRIMARY
COULD YOU MAKE A DIFFERENCE TO YOUNG LIVES?

ARE YOU:

- CREATIVE?
- ADAPTABLE?
- EMPATHETIC?
- ORGANISED?
- PATIENT?
- OPEN TO LEARNING?

CONTACT US
 info@suttonscitt.org.uk
 020 8410 0006

10 YEARS Sutton SCITT
 OF INSPIRING FUTURE TEACHERS

A REWARDING CAREER EVERYDAY IS DIFFERENT

NEED A CAREER CHANGE?
JUST FINISHED YOUR DEGREE?

DO YOU HAVE:

- A DEGREE IN YOUR SUBJECT OR RELATED SUBJECT?
- ENGLISH AND MATHS GCSES GRADE 4/C?

TEACH SECONDARY
USE YOUR SUBJECT EXPERTISE TO INSPIRE YOUNG PEOPLE

ARE YOU:

- CREATIVE?
- ADAPTABLE?
- EMPATHETIC?
- ORGANISED?
- PATIENT?
- OPEN TO LEARNING?

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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.](#)

