

GHS Update

Achievement for All

W/C 13.07.2026

July 2026

Issue No. 173

Charity Week 2026

Next week w/c 13th July we have our annual charity week where we raise funds for our amazing charities. There are lots of events taking place over the course of the week and we would love our pupils to get involved, by bringing in change and participating in the activities to raise money for our House Charities. Each House also has a Just Giving page to raise money for their charity through which you can contribute a donation and/or sponsor your child to complete our charity readathon challenge this week!

Pupils will be given more information in Tutor Time and in assembly next week. .

• **Morris – Cancer Research UK** - [click here](#)

• **Rollason - Special Effect** - [click here](#)

• **Seacole – Shooting Stars** - [click here](#)

• **Turing – Mind** - [Click here](#)

https://www.justgiving.com/page/turinghouseeghs?utm_medium=FA&utm_source=CL



A UK charity that helps people with physical disabilities play video games by creating customised equipment and accessible controls. It aims to improve their confidence, independence, and quality of life through gaming.



A charity that funds research to help prevent, diagnose and treat cancer, aiming to save lives. It also raises awareness and provides information to help people understand and reduce their risk of cancer.



A UK charity that supports babies, children and young people with life-limiting conditions, as well as their families. It provides nursing, emotional and practical care from diagnosis through to end of life and bereavement.



A UK mental health charity that provides advice, information and support to people experiencing mental health problems. It also campaigns to raise awareness, reduce stigma, and improve mental health services.

Looking Ahead

CHARITY WEEK

"No one has ever become poor from giving." Anne Frank

Last day of term

Friday 17th July - Pupils will be dismissed from 12:30

A Level Results Day

Thursday 13th August

GCSE Results Day

Thursday 20th August



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All week - readathon	
Monday	Ice creams – playground £1
Tuesday	Staff open mic – library – lunchtime - £2 Friendship bracelet making – playground - lunchtime £2 Sessions – library – 6-7pm - £4
Wednes- day	HOH vs pupil shootout and swings – MUGA – lunchtime £1 Flashmob - donation
Thursday	Sponge the teacher – lunchtime – playground - £1/£2/£5 Ice creams – playground - £1



Year 10 Imperial War Museum Trip



On 29 and 30 July, Year 10 History pupils visited the Imperial War Museum. They took part in a specialist-led session on the Holocaust before exploring the Holocaust Exhibition and completing a range of learning activities. The visit reinforced topics studied as part of the GCSE curriculum and deepened pupils' understanding of the persecution of minority groups under the Nazi regime. Pupils also spent time exploring the Cold War galleries. It was a thought-provoking and valuable way to conclude the Year 10 History course.

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South Indian Food Festival



On 2 July, pupils of South Indian heritage organised a festival celebrating South Indian culture. Visitors enjoyed traditional food and drink, including a chilli chutney eating contest, as well as henna painting, music and cultural decorations. Supported by the Mark Evison Foundation, the event raised funds for charity, with all proceeds being donated.



Farewell Year 11

Year 11 marked the end of their school journey with a wonderful Celebration Assembly, featuring a special video that showcased highlights from the past five years, alongside heartfelt farewell messages from staff. The celebrations continued with an unforgettable Year 11 Prom, providing students with a fitting and memorable send-off. We wish all of our students every success for the future and look forward to welcoming them back on Results Day, when we hope they will celebrate an outstanding set of GCSE results.





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Attendance Fact of the week

Being present helps children form and maintain friendships



Mental Health & Emotional Wellbeing Tip

Try something new – Builds confidence and resilience
→ Challenge yourself to try one new activity or skill weekly



wellbeinginschoolsevents@swlstg.nhs.uk



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

Upcoming Events For Secondary Parents/Carers Autumn Term 2026

Supporting your teenager's mental health webinars

We also provide free 1:1 early help support programmes for young people to support with anxiety or low mood. Speak to your school to find out more.

21ST SEPT 26 12.30 PM - 1.30 PM	Mental health during the teenage years	30TH SEPT 26 7 PM - 8 PM
17TH NOV 26 12.30 PM - 1.30 PM	Understanding and supporting teen sleep	17TH NOV 26 7 PM - 8 PM

To view further event details and descriptions, and to book on to any of the webinars, please scan the QR Code or follow the link to our Eventbrite collection.

[Click here](#)



Making Life
Better Together

GHS Update

Cucina Menu

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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 Chocolate
Sauce

TUESDAY

Ricci & Apple
Rhubarb Crumble

WEDNESDAY

Cocoa Bread &
Butter Baking

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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One night, a giant monster made from a yew tree appears outside his window. It tells Conor that it will share three stories, and in return, Conor must tell the truth about his recurring nightmare. Throughout the year pupils from Senior Drama Company have taken on the huge task of working on a full-length production – It has been incredible to see such dedication and creativity.

[Tickets available now on Ticket Source](#)



NYO Inspire

A free musical adventure for teenage musicians who are ready to go further.

- Accelerate as a musician with world-class coaching
- Play incredible music on a huge scale
- Meet other teenagers who love music as much as you

Who can apply?

13-18 year-old musicians, primarily from state school, playing orchestral instruments at Grade 6-8+, with no need for any official grades. Full eligibility is available on our website.



inspire@nyo.org.uk

Apply Now



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**Inspiring
Future
Teachers
Igniting
Young
Minds**

We are an Ofsted 'outstanding' provider of teacher training in the South London area. Our "trainees receive first-class support" and our "employment rates are exceptionally high". 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.

www.suttonscitt.org.uk
info@suttonscitt.org.uk
020 8410 0006

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Sutton SCITT



Train to Teach



Inspiring
Future
Teachers

Webinar

Thursday 16th July 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 click the link in the bio

GLENTHORNE 6TH FORM
PRESENTS



Sessions

A SHOWCASE OF MUSIC, DANCE AND DRAMA
PERFORMANCES FROM OUR 6TH FORM STUDENTS!

TUESDAY 14TH JULY 2026 6PM - 7PM	TICKETS £4 / £2 CONCESSIONS
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All ticket sales to raise money for charity!