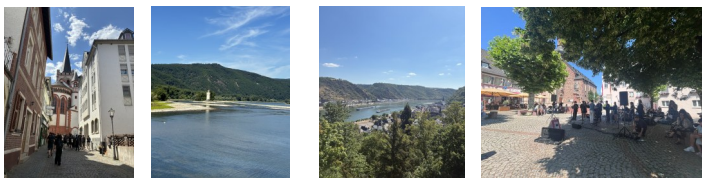


Challenge Week at Glenthorne High School: A Celebration of Resilience & Opportunity

Cross Year Group Music Trip (9th-13th July)

Forty pupils from Years 8–12 represented the school on an exciting music tour to Germany, showcasing their talents on an international stage. Based in the Bad Kreuznach area, pupils enjoyed visits to the stunning Rheinfels Castle ruins and a scenic cruise along the Rhine.

During the five-day trip, the Orchestra, Jazz Band, Virtuo Choir and Arts One Rocks Saturday School performed three concerts, demonstrating an outstanding standard of musicianship. Pupils were a credit to the school, showing excellent behaviour and professionalism throughout. The tour provided unforgettable experiences and memories that will last a lifetime.



Year 9 Duke of Edinburgh Bronze Award Expedition

Seventy Year 9 pupils successfully completed their Duke of Edinburgh's Bronze Award Expedition during Challenge Week. Throughout their training, pupils developed valuable outdoor skills, including tent pitching, Trangia cooking and navigation. They then put these skills into practice during an 11km hike from East Grinstead Station to their campsite.

It was fantastic to see pupils supporting one another throughout the expedition, whether by sharing equipment, encouraging teammates or helping those who found the challenge difficult. They truly demonstrated the spirit of the DofE Award through teamwork, resilience and determination.

Congratulations to all participants on completing their Bronze Expedition. A huge thank you also goes to the staff and group leaders whose support made this achievement possible.



 Looking Ahead
Scholls out for summer!

A Level Results Day
Thursday 13th August

GCSE Results Day
Thursday 20th August

Inset Days
Tuesday 1st September
Wednesday 2nd September

Pupils return to school
Thursday 3rd September

GHS Update

Achievement for All

July 2026

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Cross Year Group Music Year 9 Belgium Trip : A Journey of Remembrance and Reflection



One hundred Year 9 pupils recently travelled to Belgium on a memorable educational trip. During the visit, pupils explored important First World War memorials, cemeteries and museums, helping them develop a deeper understanding of the sacrifices made during the conflict.

A highlight of the trip was attending the Last Post Ceremony at the Menin Gate in Ypres. Pupils showed great maturity and respect throughout the ceremony, reflecting thoughtfully on the stories of those who lost their lives. Their exemplary behaviour was a credit to both Glenthorne High School and their families.

The trip concluded with a visit to a popular theme park, giving students the opportunity to relax and enjoy time with friends after a day of reflection. Throughout the visit, pupils represented the school with pride and demonstrated outstanding behaviour.

Year 7 Challenge week trip to Bushcraft

Ninety-eight Year 7 pupils recently took part in a successful four-day Bushcraft trip to Penshurst. Throughout the visit, students enjoyed a range of outdoor activities, including axe throwing, camouflage challenges, archery, and learning essential survival and SOS skills.

Pupils embraced every challenge with enthusiasm, developing confidence, resilience and teamwork while making new friendships. The trip was a memorable experience for all involved, providing a fun opportunity to enjoy the outdoors and learn valuable life skills.



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Achievement for All

July 2026

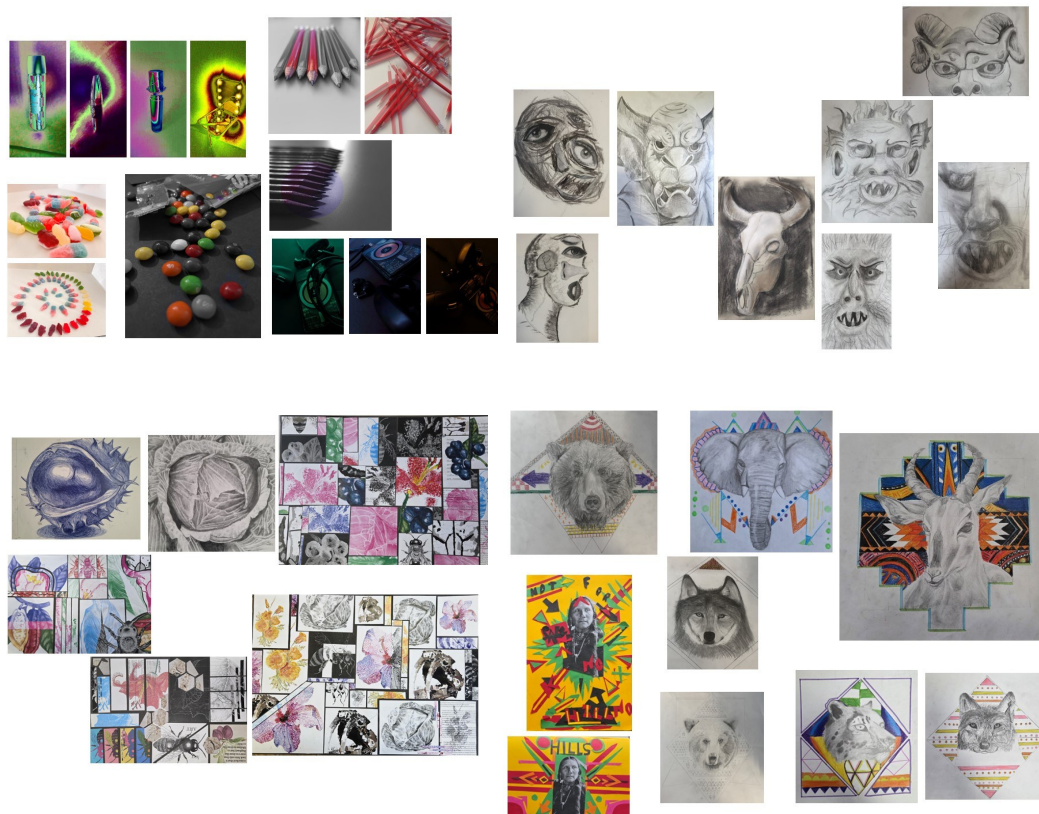
Issue No. 174

Year 7 Art: Myth, Monsters, and the Grotesque

Our talented Year 7 artists have been diving into the expressive side of art history, culminating in some truly spectacular, haunting multimedia portraits.

From Greek Myths to Gothic Gargoyles

The project began with an exploration of "Heroes, Myths, and Gods" in Greek mythology, before moving on to the distorted features of grotesque gargoyles from landmarks like Notre-Dame Cathedral. To connect these ancient myths to modern art, students analysed the raw emotion of Francis Bacon's crucifixion triptychs, learning how to twist the human form to convey deep feeling.



GHS Update

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Year 10 Aspirations Day

On 9th and 10th July, our Year 10 pupils took part in an exciting Aspirations Day programme, helping them explore future education and career opportunities.

Pupils attended a variety of workshops led by employers, universities, colleges and industry professionals. Topics included CV writing, mock interviews, law, medical science, engineering, business and finance, advertising and media, musical theatre, and careers in the film industry.

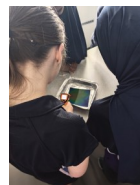
A particular highlight was the Careers Fair, where pupils spoke with representatives from a range of organisations and educational institutions. They gained valuable insight into apprenticeships, vocational qualifications, college and university courses, and careers across many sectors.

The event encouraged pupils to consider their strengths, interests and ambitions while developing key employability skills. We would like to thank all of our partners and visitors for their support in making the programme such a success and helping to inspire our Year 10 pupils as they plan their futures.



National Space Academy Workshop

On Tuesday 14 July, a group of Year 10 pupils took part in a two-hour workshop led by the National Space Academy and funded by the UK Space Agency. Titled Looking Out, Looking Back, the session explored how satellites and telescopes are used to make measurements in space. Pupils enthusiastically took part in hands-on activities, including simulated measuring exercises and building their own telescopes using lenses. The workshop provided a fascinating insight into careers within the aerospace industry and may inspire some of our pupils to pursue future opportunities in aeronautical engineering.





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Attendance Fact of the week

Social skills are developed through daily interactions



Mental Health & Emotional Wellbeing Tip

Reflect on your values – Helps guide decisions
→ Write down one thing that matters to you each week



Glenthorne High School

Achievement for all

SUMMER WELLBEING & SAFETY
Supporting our pupils to stay safe, healthy and connected during the holidays.

Support Available This Summer
Kooth (10-25): Free anonymous online wellbeing support, articles, community discussion boards and professional support.
Off the Record (11-25): Free counselling and emotional wellbeing support online, by phone or face-to-face.
YoungMinds: Mental health information and support for young people and parents/carers.
Best Start Family Hubs: Advice, parenting support and access to local services. Tel: 020 8770 6000.
The Mix: Support and advice for under 25s. Tel: 0808 808 4994.

Need Help Now?
Childline – 0800 1111
Shout – Text YM to 85258 (24/7)
Samaritans – 116 123 (24/7)
Sutton CAMHS – 020 3513 3800 (Option 1)

Promoting Positive Wellbeing

- Keep regular sleep routines (8-10 hours for teenagers).
- Balance screen time with exercise, hobbies and social activities.
- Encourage daily physical activity and time outdoors.
- Create opportunities for family conversations and check-ins.
- Maintain healthy eating and hydration.
- Help young people plan enjoyable activities over the holidays.

Summer Safety Reminders

- Only swim in supervised and designated swimming areas.
- Never swim alone or jump into unknown open water.
- Stay sun safe with sunscreen, shade and water.
- Discuss online safety, privacy settings and respectful behaviour.
- Know where your child is, who they are with and when they will return.

Have a brilliant, safe summer!



Attendance Support Team Parent Newsletter Summer 2026

Sharing news and updates to parents from the Attendance Support Team

Dear Parents and Carers,

We hope you and your families are keeping well. The Attendance Support Team are committed to working with you to promote regular school attendance and ensure every child has the best opportunity to achieve their full potential.

In this Summer 2026 edition, we are pleased to share the current parenting offer within Sutton, activities and mental health support in the summer holidays as well as attendance guidance around the 11+ exams in September.

We wish you and your children a wonderful summer break and look forward to continuing our support with Sutton schools on attendance in the Autumn term.

Parenting Support in Sutton

Sutton's Parenting Support Programmes provide a safe space to share and learn together, to be honest about the struggles in parenting and to look at some practical strategies to support you and your children.

Sutton's Parenting Programmes are:

- For Parents and led by parents who have gone through the parenting programmes themselves and been trained to lead
- **Non-judgemental**
- **Value each person** and the experience they bring
- Run in a **variety of settings**, to help parents have the best chance of accessing them
- **Evidence-based**, which means we have evidence that these programmes have improved the long-term outcomes for children and families as a result of engaging in these programmes
- **Free for you to access**, and there is a programme for any age (0-25), including programmes for children with emerging needs or a diagnosis of autism
- **Voluntary**, you don't get referred onto these, only come if you want to

The following Parenting Support Programmes are available in Sutton:

Empowering Parents Empowering Communities (EPEC)

- Being a Parent (for primary aged)
- Being a Parent - Together (for couples of primary aged children)

Care for the Family

- Time out for Parents - The Teenage Years
- Time out for Parents - Managing Anger in the family
- Time out for Parents - Children with Autism

Adapt to Learn

- **Small Change, Big Difference** (for parents of children with a diagnosis of autism or for parents whose children have emerging needs)

Online Parenting Support

Solihull Approach Online Parenting Programmes

Register free online and as a Sutton resident you get free access to over 20 different online courses you can access in your own time. Visit <https://courses.help4mum.com/online-learning/courses> and enter the access code TREE

Further Information

For more information on Sutton's parenting programmes, you can contact Sutton's Parenting Coordinator, Theresa Cameron by phone on 0173638924, Clare Kennedy the Parenting Administrator on 01873702777 or Email parenting@sutton.gov.uk

Summer Holiday Activities for Children in Sutton:

Sutton's Summer Holiday Activities and Food (HAF) programme offers free, fun, and educational activities for children aged 4-16, plus daily nutritious meals, for eligible families.

- **Who is it for:** Reception to Year 11 (ages 4-16) receiving **benefits-linked free school meals**.
- **When:** Summer holidays **31 July – 1 September** (excluding bank holidays and weekends)
- **What's included:**
 - 16 hours/week of activities (sports, music, arts, cycling, trips, workshops, etc.)
 - Daily healthy meals
 - £30 food voucher for eligible families

[Sutton's Holiday Activities and Food \(HAF\) programme | Sutton Information Hub](#)

[Sutton Ecology Centre Holiday Activities | Sutton Information Hub](#)

Mental Health Support in Sutton During the Summer Holidays

- For **urgent but non-emergency help**: Call the Mental Health Crisis Line (0800 028 8000) or attend Sutton Crisis Cafe [Sutton Crisis Cafe - Sutton Mental Health Foundation](#)
- For **ongoing or non-urgent help**: Book Belmont Connect or other SMHF activities; self-refer to Talking Therapies; contact Sutton SPA (020 3513 5000) for NHS support.
- For **children/young people**: CAMHS in Sutton offers assessment and treatment year-round [South West London & St George's Mental Health NHS Trust](#)
- **More information can be found here:** [Get help - Sutton](#) — [South London Listens](#)

Guidance on Selective Eligibility Tests and 11+ Exams:

As we move towards the period when many pupils entering year 6 in September sit Selective Eligibility Tests (SET) and 11+ exams, we understand that this can be both an exciting and challenging time for families. Many children feel a sense of anticipation around these assessments, and we fully appreciate the importance they may hold for you and your child. However, we must also remind parents and carers that school attendance remains hugely important. For your child to gain the full benefit from their education — for their learning, wellbeing, and wider development — they need to attend on time, every day possible.

We have noticed several pupils being absent from school to sit SET/11+ exams and, in some cases, to revise for them during school hours. Please be aware that absence for the purpose of revising for these exams will not be authorised. Parents are expected to ensure that pupils attend school as usual before and after these exams.

Attendance Support Team - attendance@cognus.org.uk - 0208 323 0461



GHS Update

July 2026

Issue No. 174

Education Wellbeing Service

NHS

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

Sutton Education Wellbeing Service Self-Care Summer Newsletter

Sutton Education Wellbeing Service work in schools to support children, young people and their families with their emotional wellbeing, offering 1-2-1 support, groups and workshops. This is our summer newsletter which provides information on activities & wellbeing events you can try over the summer.

Relationships & Connection:
Spending time with friends, family, pets and our community helps boost our wellbeing.

Emotional Wellbeing Support
Take a look at page 2 for self-care plans and mental health support helplines and websites.

Keeping active
Keeping active improves our mood. Find something that works for you whether it's walking, dancing, online classes or sports.

Creativity:
Finding ways to be creative helps you express yourself and be more present. Try drawing, writing or making music!

Relaxation
See below some relaxation strategies to try this summer. Click [here](#) for other relaxation ideas.

Fun and Entertainment
Look at page 3 for lots of free/low cost and FUN activities in Sutton!

Breathe In
Hold
4 seconds
Hold
Breathe Out

Take a deep breath. Look around you and name:

5 Things you can see	3 Things you can hear
2 Things you can feel	1 Thing you can taste
4 Things you can smell	

Education Wellbeing Service

NHS

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

Visit the Education Wellbeing Service YouTube channel.

Creating a self-care plan
Self-care is the little things we do to look after our wellbeing and to keep ourselves feeling good!
There are many aspects to self-care:

Physical	Emotional	Social	Practical
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Anna Freud have created a self-care plan booklet for young people to fill out. Click [here](#) to access it.

Mental Health Helplines for young people:
Over the summer, you can contact the below services:
If you're a child, young person, or a parent/carer worried about a young person's mental health, call the **South London Partnership CAMHS (Child and Adolescent Mental Health Services) Crisis Line** on 0203 228 5980. The line is open every day from 9am to 11pm.
Off The Record Free, confidential counselling for young people aged 11-25 who live, work or study in Sutton. Call free on 0800 980 7475, open Mon-Fri from 3-6pm.
Kooth Live chat support.
Childline Call 0800 1111 (available 24/7).
Hopeline UK (Papyrus) Call 0300 102 2470, text Hope to 88247 or email pat@papyrus-uk.org (available 24/7).
Samaritans Call 116 123 or online chat via the website.
Shout Text SHOUT to 85258 (available 24/7) or visit the website to access scheduled peer chat.
For emergencies, please call 999 or visit your local A&E

Education Wellbeing Service

NHS

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

Sutton Holiday Activities

Free swimming offers - Check the leisure centre websites for times and locations.

Summer In Sutton Series | Sutton Libraries Sutton Libraries are running a variety of free and low-cost events and workshops aimed at children and young people.

Sutton Ecology Centre Holiday Activities £5.50-7.80 per session.

Time Out Youth Project - Youth club in Sutton.

Take Part in the Summer in Sutton Challenge

Free sports facilities (check if booking is required)

Basketball Courts - Rosehill Park, Manor Park, Beddington Park, Mellows Park

Football Pitches - Roundshaw Playing Fields, Poulter Park, Beddington Park, Carshalton Park.

Skate Parks - Poulter Park Skatepark, Rosehill Skatepark.

Tennis Courts - A mix of free and paid courts.

Outdoor gyms - 15 outdoor gyms across the borough.

Parkrun Nonsuch Park -Register in advance to get your official time
o Every Saturday at 9am - 5km walk or run (13 y/o +).
o Every Sunday at 9am Junior Parkrun 2km (4-14 y/o).

Respectful

Open

Collaborative

Compassionate

Consistent

GHS Update

Cucina Menu

Menus for 2026-27

July 2026

Issue No. 174

WEEK 1

Week Commencing:
07/09/26 28/09/26 19/10/26

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 'Friday' 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 Curous with Soy & Mixed Rice (V)

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

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

FRIDAY
Vegan Chickpea & Coriander Burger with Fries (VE)

DESSERTS

MONDAY
Spiced Pineapple Cake

TUESDAY
Chocolate & Banana Brownie

WEDNESDAY
Sticky Ginger Cake

THURSDAY
Daily Apple Crumble

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



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



MONDAY

Vegan Singapore Noodles (VE)

TUESDAY

The Big Plant Burger (VE)

WEDNESDAY

Roasted Butternut, Sweetcorn & Chipotle Pasta (VE)

THURSDAY

Maple & Chili Cauliflower Wings with Cajun Wedges (VE)

FRIDAY

Garlic & Chili Noodles (VE)

TRATTORIA

MONDAY

Pasta in Cheese Sauce

TUESDAY

Tomato & Basil Pasta

WEDNESDAY

Margherita or Pepperoni Pizza

THURSDAY

Creamy Pesto Pasta

FRIDAY

Margherita Pizza

WEEK 3

Week Commencing:
31/08/26 21/09/26 12/10/26

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 'Friday' Fish, Pizza or Fishcake & Chips with Peas and Tartare Sauce

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 Crumble

WEDNESDAY
Chocolate & White Banana Puff Pastry Pinwheel

THURSDAY
Nail 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

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Choose a base, add protein, and top it your way!

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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 & Chili Noodles (VE)

TRATTORIA

MONDAY

Pasta in Cheese Sauce

TUESDAY

Tomato & Basil Pasta

WEDNESDAY

Margherita or Pepperoni Pizza

THURSDAY

Creamy Pesto Pasta

FRIDAY

Margherita Pizza



GHS Update

July 2026

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Sutton SCITT – train to teach

At Sutton SCITT we train about 50 teachers each year and many of our alumni are now working in Sutton schools.

We still have a few places for September 2026 in Art, English, PE and Dance but applications must be received by the end of July.

<https://www.gov.uk/apply-for-teacher-training>

You can read about Sutton SCITT in our Summer Newsletter in the link below:

[click here](#)