

GHS Update

Achievement for All

September 2026

Issue No. 175



A very warm welcome back to all our pupils and families as we begin another exciting school year.

We are especially delighted to welcome our new Year 7 pupils, who are joining the Glenthorne community for the first time, and our external Year 12 students, who have chosen to continue

their education with us in Sixth Form. We look forward to helping you settle in, make new friendships and take advantage of the many opportunities ahead.

The start of a new year is always full of optimism and possibility. We wish every pupil a happy, successful and rewarding year, and we look forward to celebrating your achievements in the months ahead.



Introducing our new Head Students

Head Girl- Peggy



For those I haven't met yet, I'm Peggy-May and I'm proud and grateful to be your new Head Girl. I study A Level History, Drama, and Sociology, and after sixth form, I hope to study Speech and Language Therapy at university. I'm passionate about helping people find their voice, which is one reason this role means so much to me.

Since joining the Glenthorne community through Arts One at the age of seven, I have always loved getting involved in school life beyond the classroom. I've participated in drama productions, mentored younger students, taken part in charity work, and explored leadership opportunities. Over this time, I've learned that being a leader is about listening, supporting others, and ensuring everyone feels included.

What I'm most looking forward to as Head Girl is working alongside students and staff to strengthen our school community. I want to celebrate the amazing achievements across all year groups and encourage more students to engage with the opportunities Glenthorne has to offer.

One idea I hope to introduce is a student spotlight initiative. This will allow students to nominate their peers for acts of kindness, leadership, resilience, or contributions to school life. I hope this helps celebrate the positive impact students make every day and fosters a stronger sense of community. I'm excited for my time as Head Girl and can't wait to work with all of you to make it an inclusive, ambitious, and memorable experience.

Looking Ahead B Week

"What you do makes a difference, and you have to decide what kind of difference you want to make"
Jane Goodall

Prospective Parents Evening

Wednesday 9th September
Early finish for all pupils on the 9th (13:30) and a late start on the 10th September (09:30).

Year 8 Welcome Evening

Wednesday 16th September

Pupils early finish (13:30)

Tuesday 22nd September

Macmillan Coffee Morning

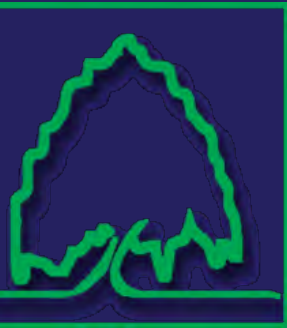
Thursday 25th September

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Head Boy- Jan

I am Jan-Willem Beylefeld and am honoured to have been chosen to fulfil the role of Head Boy, here at Glenthorne High School, for the 2026-27 year. I am excited to start this challenging and exciting role with many opportunities to get more involved within the school community and to make a difference of which I am proud. I am also thrilled of taking up the role of being a representative of the student voice at Glenthorne.



I joined Glenthorne in year 8, after moving house, and instantly knew that it was the right place for me. I enjoyed playing football, basketball and being part of ArtsOne Rocks! Due to excellent teaching and support, I achieved solid GCSE results, and this meant that I could pursue my desired career, working with wildlife and the environment. I now study Biology, Geography and Psychology in sixth form, as well as having done AS Core Maths in May, and am aiming to study Zoology and conservation at university. This path has also been fuelled by my love for camping and spending time in nature, that I share with my family.

Furthermore, I spend a lot of my time in the Royal Air Force cadets, currently a Flight Sergeant, managing a large squadron of cadets, and am incredibly grateful for it, due to the many amazing opportunities it provides. For example, I have had the chance to volunteer for Royal British Legion, poppy collecting at the Royal Albert Hall, even whilst the King attended. I have also had a ride in a Chinook helicopter and various other trainer aircraft. Not only has this provided me with fun experiences, but also valuable skills and the confidence to apply for challenging yet rewarding roles such as this.

I am looking forward to officially starting this role in September, alongside the strong student leadership team.

Children with underlying health conditions are more at risk from flu

Make sure your child has their flu vaccine early this year if they suffer with any of the following:

- Spleen problems
- Neurological conditions
- Heart conditions
- Kidney or liver disease
- Diabetes
- Long term lung conditions (including asthma)
- Weakened immune systems due to disease or treatment

Scan the QR code to book an appointment at one of our community clinics.



Wet Weather Arrangements

As we enter the Autumn term, a reminder to please ensure that your children come to school with a warm, dark-coloured, water-proof coat (no logos) and that they bring an umbrella.

We have limited indoor space in which to supervise large groups of pupils at breaktime or lunchtime during wet weather and therefore will only implement wet break procedures when absolutely necessary.

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World Challenge to Borneo

During the summer holidays, a group of Year 11 and 12 students embarked on an unforgettable World Challenge expedition to Borneo, combining adventure, conservation, community work, and cultural discovery.

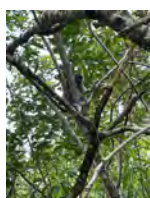


Our journey began in Sarawak, where we visited two of Borneo's most famous wildlife destinations: Bako National Park and the Semenggoh Orangutan Wildlife Reserve. At Bako, we explored rainforest trails, spotted unusual wildlife, and experienced the incredible biodiversity that makes Borneo one of the world's most important natural environments. At Semenggoh, we were fortunate enough to see orangutans in their natural habitat, learning about the conservation efforts that help protect these remarkable animals.

A key part of the expedition was our community project with an Iban community in rural Sarawak. Working together as a team, we helped build an extension to a community centre that will provide additional space for a small library. The work was challenging but rewarding, and it gave us the opportunity to learn more about the traditions and way of life of the Iban people while making a meaningful contribution to the community.

After completing our project, we spent time in Kuching, Sarawak's vibrant capital city. Here, we immersed ourselves in local culture through a variety of activities. We took part in a cooking class, where we learned how to prepare traditional Malaysian dishes, enjoyed a sunset cruise along the Sarawak River, and visited a museum to gain a deeper understanding of the region's history and heritage.

The expedition was an incredible experience that challenged us, strengthened our teamwork skills, and broadened our understanding of a different culture and environment. From encountering orangutans in the rainforest to working alongside the Iban community, Borneo provided memories and lessons that will stay with us for many years to come!





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Attendance Fact of the week

Absence leads to missed opportunities for group work and collaboration



Mental Health & Emotional Wellbeing Tip

Volunteering or helping others boosts our self-worth
→ *Offer help to someone at school or home once a week.*

Top tips for wellbeing for a positive start to the new school year!

Be Kind to Yourself

A new school year brings new routines, teachers, and challenges. It's normal to feel excited, nervous, or a mixture of both.

Remember:

You do not need to be perfect, at Glenthorne we encourage you to strive for excellence.

Everyone settles in at different speeds.

Mistakes are part of learning and growing.

Set Small, Achievable Goals

Dr Peacock encouraged you all in assembly this week to aim high and keep looking forward. Start with goals that you can realistically achieve.

For example:

Complete homework on time.

Read for 15 minutes each evening.

Contribute at least one answer in class each day.

Small successes build confidence.

Prioritise Sleep

Your sleep patterns will have been different over the summer holidays, however good sleep hygiene helps concentration, memory, and mood.

Try to:

Maintain a regular bedtime.

Put phones and devices away before bed.

Aim for 8 to 10 hours of sleep each night

Look After Your Body

Physical wellbeing supports mental wellbeing.

Remember to:

Eat breakfast everyday or come to our breakfast club from 7:45am.

Stay hydrated throughout the day.

Be physically active, whether through sport, walking, dancing, or other activities you enjoy.

Get Organised

Being organised can reduce stress.

Helpful habits include:

Checking your timetable each evening.

Packing your bag the night before.

Using a planner or calendar to track deadlines.

Stay Connected

With the new academic year it is a chance to make some new friends in our community. Strong friendships and positive relationships help us feel supported. Remember our antibullying motto is 'Be Kind'.

Try to:

Include others. Talk to friends if you are worried.

Spend time with people who make you feel valued.

Talk About Worries

If something is bothering you, don't keep it to yourself.

You could speak to:

A parent or carer

Your form tutor

A teacher or a trusted friend

Asking for help is a sign of strength, not weakness.

Take Breaks from Social Media and screens

Social media can be enjoyable, but it can also increase stress or pressure.

Consider:

Having screen-free time each day.

Avoiding comparisons with others online.

Following accounts that inspire and support you.

Be Open to New Opportunities

The start of the year is a great time to try something new, and at Glenthorne we have lots to offer!

Join a club, take part in a sports team, volunteer for a school event, earn a new skill, new experiences can help build confidence and friendships.

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PERFORMING ARTS SATURDAY SCHOOL

OPEN TO ALL FROM YEARS 3-13
EVERY TERM TIME SATURDAY
AT GLENTHORNE HIGH SCHOOL



ARTS ONE ROCKS!

is one of the leading platforms for young musicians in the borough. Led by a team of professional musicians, students from KS2 up to KS5 learn to sing, play guitar, bass, drums and keys in exciting and progressive sessions. The ArtsOne ethos is to challenge our young musicians to achieve standards they didn't think possible! Each week we learn a new song, often from a specific album project, which students learn in the first hour, and play together in a band in the second hour.

SCHEDULE

Saturdays, term time

9:00-11:00
Intermediate
11:30-13:30
Expert
14:00-16:00
Beginners



ARTS ONE DANCE COMPANY

offers a fantastic opportunity for young dancers to develop their choreographic ability, performance skills and technique.

The three companies will receive high quality dance training in a variety of styles relating to their age and progress. Throughout the year, students will have the chance to perform regularly at established Glenthorne dance shows including 'Impact' and 'Inspire', as well as at a termly showcase.

SCHEDULE

Saturdays, term time

9:00-11:00
AD1 Seniors (Years 9-11)
11:30-13:30
Jump into AD1 (Years 3-6)
14:00-16:00
AD1 Juniors (Years 7-8)



ARTS ONE DRAMA COMPANY

is a fun and exciting way to begin to develop drama skills across all year groups. Through creative play, drama exercises and performance, students work together to establish and nurture a range of drama and social skills. Each week students spend their time engaging with exciting practical workshops that build towards a public showcase at the end of each term.

The staff at ArtsOne Drama Company are highly skilled practitioners with drama school, university and industry experience.

SCHEDULE

Saturdays, term time

9:00-11:00
Junior (Years 3-6)
11:30-13:30
Intermediate (Years 7-8)
14:00-16:00
Advanced (Years 9-11)

For a free trial morning email artsonesaturdays@glenthorne.sutton.sch.uk

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Cucina Menu

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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 "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

Spiced Pineapple Cake

TUESDAY

Chocolate & Banana Brownie

WEDNESDAY

Sticky Ginger Cake

THURSDAY

Dry Apple Crumble

FRIDAY

Hot Chocolate Rocky Road & Crisang

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