



GHS Update

Achievement for All

September 2026

Issue No. 178

GLENTHORNE HOUSE CHARITIES FOR 2026-27

At our school, we believe that helping others is an important part of developing kindness, compassion and a strong sense of community. We are delighted to announce the four charities that we will be supporting throughout this academic year. Through a range of fundraising activities, awareness events and community initiatives, our pupils will have the opportunity to make a positive difference to the lives of others



Mind - Mental health is something that affects us all, and Mind works tirelessly to ensure that everyone experiencing a mental health problem has access to support and information. The charity provides advice, campaigns for better mental health services and helps people feel understood and supported. By supporting Mind, we hope to raise awareness of the importance of mental wellbeing and encourage open conversations about mental health within our school community



SpecialEffect is a wonderful charity that helps people with physical disabilities enjoy video games and technology by creating personalised equipment and adaptations. Their work transforms lives by enabling people to play, communicate and connect with others, helping to reduce isolation and increase independence. We are excited to support their innovative work and help raise awareness of the challenges faced by people living with disabilities.



Cancer Research UK is the world's leading independent cancer charity dedicated to saving lives through research, influence and information. Their vital work helps fund groundbreaking research into the prevention, diagnosis and treatment of cancer. By supporting Cancer Research UK, our school community will be contributing to efforts that bring hope to millions of people affected by cancer and help improve outcomes for future generations.



Shooting Star Children's Hospices provides specialist care and support for babies, children and young people with life-limiting conditions, as well as their families. Their compassionate services help families make precious memories together and offer practical and emotional support during incredibly difficult times. We are proud to support this inspiring charity and the invaluable work it does for children and families in need.



Looking Ahead

A Week

A Century of Black History Commemorations

6th Form Open Evening
Wednesday 7th October

Inset Day
Wednesday 14th October

Year 7 & 8 Halloween Disco
Thursday 15th October

Half Term
Monday 19th October -
Friday 30th October



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HOW WE WILL HELP THESE CHARITIES

Throughout the year, pupils, staff and families will have the opportunity to get involved in a variety of fundraising events and awareness activities. These may include non-uniform days, sponsored challenges, bake sales, themed events and community initiatives.

By working together, we hope not only to raise valuable funds but also to help our pupils develop empathy, social responsibility and an understanding of the positive impact they can have on the wider world.

We look forward to sharing updates on our fundraising efforts and celebrating the difference our school community can make. Thank you in advance for your generosity, enthusiasm and support throughout the year. Together, we can help these incredible charities continue their important work.

YEAR 9

WELCOME EVENING

Thank you to all parents and carers who attended the Year 9 Welcome Evening. We hope you enjoyed the fantastic pupil performances and found the information shared both helpful and informative. We are grateful for your continued support as our Year 9 pupils settle into the new academic year and embrace the opportunities ahead.

The presentation will be shared next week, along with responses to the questions submitted during the evening. We look forward to working together to support a successful year for all pupils.



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MFL HOUSE WEEK CELEBRATES LANGUAGES AND CULTURE

This week, Glenthorne High School has enjoyed an excellent and engaging MFL House Week with pupils across all year groups enthusiastically taking part in a variety of language-themed activities and events. The week was planned to coincide with European Day of Languages 2026 and this year was inspired by the famous words of philosopher Ludwig Wittgenstein: "The limits of my language mean the limits of my world." This powerful quote highlights the importance of learning languages and embracing different cultures.

Pupils showed outstanding engagement throughout the week, from whole-school assemblies and the multilingual mural project to MFL Tutor Time Quiz, Mini Spelling Bee and film screenings of Coco and Ratatouille. Lunchtime events were particularly well attended, with pupils demonstrating curiosity, teamwork and a real passion for languages.

As an added incentive, participants earned valuable House Points for attending and taking part in activities, helping to create some healthy competition between the Houses.

A huge thank you to all pupils and staff who contributed to the success of MFL House Week. It has been wonderful to see so many pupils broadening their horizons and celebrating the rich diversity of languages and cultures spoken by members of our Glenthorne community from around the world.

MFL House Week

'The limits of my language mean the limits of my world'

Monday 21st – Friday 25th September

Monday	Tuesday	Wednesday	Thursday	Friday
Tutor time: Whole School Assembly KS3 Lunch time: multilingual mural + guess the country lucky dip Location: the Hub 	Tutor time: Whole School Assembly KS4 	Tutor time: MFL Quiz 	Lunch time: MFL Mini Spelling Bee Location – BB8 	Lunch time - Film screening: Coco - BB9 Ratatouille - BB11  

Lunchtime activities start at 1.30 - Get a lunch pass from your Spanish/French teacher

Attend to achieve House Points!



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SIXTH FORM OPEN EVENING

**Wednesday 7th October
17:30 - 20:00**

Talks:

17:45 Tutor Groups G, L & N

18:30 Tutor Groups T, O & H

19:15 Tutor Groups R, S, C & E

Any external pupils are welcome to attend at any talk time



Recycling of old school uniform

Please may we request donation of any items of uniform that you no longer need that are still in good condition.

There is a container stored just in front of reception where all clean, second hand items can be deposited in a carrier bag.

We will be running a second hand uniform sale later this year.

Thank you for your continuing support.





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Attendance Fact of the week

School provides a space to learn conflict resolution and empathy



Mental health & Emotional Wellbeing Tip

Visualise your future – Builds motivation and hope
→ *Spend 5 minutes imagining your future goals weekly*

Focus on Progress, Not Perfection

By the fourth week of term, lessons are in full swing, homework is regular, and some pupils may start feeling pressure to get everything right.

Remember:

Nobody gets everything perfect the first time.

Mistakes help your brain learn and grow.

Small improvements every day are more important than being the best.

This week's challenge: At the end of each day, write down:

- One thing you learned
- One thing you did well
- One thing you want to improve tomorrow

Even a tiny success counts!

Remember: You don't have to be perfect to be successful. You just need to keep moving forward.



GHS Update

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

Oaty 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



**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