



GHS Update

Achievement for All

October 2026

Issue No. 179

MACMILLAN BAKE SALE RAISES OVER £600!

On Friday 25 September 2026, our school community came together for a fantastic Macmillan Bake Sale, raising an incredible £605.44 for Macmillan Cancer Support.

The event was a wonderful success, with pupils, staff, and families generously contributing an array of delicious homemade cakes, biscuits, and sweet treats. The enthusiasm shown throughout the event was truly inspiring, and every purchase helped support the vital work carried out by Macmillan in assisting those affected by cancer.

A special congratulations goes to our Houses for their outstanding fundraising efforts:

- **Turing - £177.06**
- **Rollason - £164.31**
- **Seacole - £133.51**
- **Morris - £130.56**

We would like to extend our sincere thanks to everyone who baked, donated, volunteered, and supported the event. Your generosity and community spirit helped make a real difference, and we are incredibly proud of the way our school came together to support such an important cause.

Well done to everyone involved for making this year's Macmillan Bake Sale such a memorable and successful event!



Looking Ahead

B Week

"There is a crack in everything, that's how the light gets in."

Leonard Cohen

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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**Black
History
Month
2026**

B:M2026

DIG DEEPER, LOOK CLOSER, THINK BIGGER

Art/ Photography	• Reference and celebrate black artists' work, linking to the pupils' project themes. • Pupils will explore artists' work and approaches/techniques in their artwork, taking inspiration when creating their own artwork.
Business	• Guess the Entrepreneur – famous Black entrepreneurs (match the product / service with the entrepreneur – using the information in the display outside of A27). • Research and Tell – Select one of these inspiring black British entrepreneurs, research their bio, their business and present your findings for a prize.
Computer Science	• Aim for Computer science: This year, as well as recognising the achievements of Black computer scientists, past and present, we will focus on raising awareness of the term: "Afrofuturism" – this is a genre that expresses notions of Black identity, agency and freedom through art, creative works and activism that envision liberated futures for Black lives. • Technology is a key part of Afrofuturism, both in how works are created and the types of themes they explore. • Notice board in the corridor will contain posters of black computer scientists detailing their achievements and contributions to Computer Science.
Dance	• Jazz curriculum (BTEC) reflecting on influential Black dancers and choreographers. • Brief overview of Alvin Ailey (A-Level). • Jazz and Street Dance will have an exploration week where they will introduce pupils to influential black choreographers / dancers in designated genre during the month.
Drama	• Showing of the National Theatre's production of Small Island in DH3 on Monday 12th Tuesday 13th and Wednesday 14th October.
D&T	• Across the year groups we will be looking at different Black designers, their work and their influence. • Ann Lowe, Fashion Designer • Naomi Campbell and Alek Wek • David Adjaye, Architect • Elsie Owusu, Architect • Kusheda Mensa, Furniture Designer.



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English	• Lyrical Writing Club (Tuesday) - pupils will explore the work of Black Musicians such as Bob Marley, Nina Simone, Aretha Franklin, Stormzy and Beyonce, discussing theses of identity, equality, culture and social change. They will then use these themes to write their own lyrics about freedom, identity, equality or belonging. • Debate Club (Wednesday) - Debate Topic: 'Are individuals or governments more responsible for creating equality?' Pupils will debate whether lasting change comes mainly from individuals challenging injustice or governments creating laws and policies to promote equality. They can use examples from Black history, such as the Civil Rights Movement, the abolition of slavery and the fight against apartheid, to support their arguments. • Poetry Club (Friday) - Pupils will explore poetry by Black poets, focusing on themes of identity, heritage and belonging, before using these ideas as inspiration to create their own poems centred on identity, community or culture.
Film Studies	• Profile the work of Steve McQueen, specifically his Small Axe anthology released in 2020 and his upcoming film Blitz.
French	• In French we will watch a video about the Haitian Revolution:
Geography	• Looking at the example of Hurricane Katrina with Year 10 and discussing how different racial backgrounds were affected. This will include evaluating the US government response and how it may have been impacted by racial prejudice in the area.
Health & Social Care	• We will be completing a HW task where they research the work of Mary Seacole as part of their theory and knowledge of the care values in nursing. • A Celebration of the contributions of Black scholars and Black practitioners to the field of Immunisation. • We will carry out a research project into the historical recruitment drive and subsequent contributions of staff from the Caribbean to work in the new NHS following the Second World War in combating the labour shortages in England.
History	• Watch Hidden Figures movie in A18 on Thursday lunchtimes in October (1st, 8th, 15th). • Spotlight on one black individual in one History/Politics/RS lesson per year group in October (related to topic). • Focus on contribution of Black individuals in History club for every History club in October (Friday lunchtimes).



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Maths	• Research homework set at KS3 to explore black mathematicians and their contributions to mathematical theory and ideas. • Poster display with a variety of black mathematicians will be shared with teachers and classes in lessons as a starting point.
Media & Sociology	• Explore the academic work of Stuart Hall, Paul Gilroy and Bell Hooks.
Music	• A look at Calypso, Blues and Jazz music. Pupils will explore the context of the style of famous Black artists and perform practical concepts from these styles. • Relative listening starters looking at prominent Black artists and their impact on the music industry.
PE	• We have a display celebrating the successes of Black athletes in different sports.
Psychology	• Will be marking Black History Month by celebrating the contributions of Black scholars and Black practitioners to psychology.
RS	• Look at work of a Black philosopher in Philosophy Club e.g. Anton Wilhelm Amo or Bell Hooks (Wednesday lunchtimes). • Y9 are currently studying a module on racism which will carry on into October.
Science	• KS3 pupils will be creating posters to highlight the invaluable contributions of Black scientists to the world of science. These posters will showcase the remarkable achievements and work of these scientists and will be displayed in our school's hub and KS3 research project on a Black scientist of their choice and their achievements.
Spanish	• In Spanish lessons we will be playing the following video about the concept of Afro-Latinidad.



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MUSIC SIXTH FORM STUDENTS GAIN INDUSTRY INSIGHT AT CROWN LANE STUDIOS



On Friday 25 September, our Music Sixth Form students enjoyed an exciting and informative visit to Crown Lane Studios, a professional recording studio in Morden.

During the visit, students took part in two specialist workshops led by music industry professionals. The sessions covered key topics including how to build a career and generate income within the music industry, as well as the technical skills involved in recording and mixing a live drum kit. Students also had the opportunity to develop their podcasting techniques, learning how podcasts can be an effective way to promote musical projects and engage with audiences.

The experience provided valuable insight into the realities of working within the music industry and allowed students to explore potential pathways into higher education and future careers in music. Throughout the day, our students impressed the studio staff with their enthusiasm, professionalism and thoughtful contributions. They asked insightful questions, engaged fully in discussions and made the most of the opportunity to learn from experienced industry professionals.

The visit was both inspiring and educational, giving students a deeper understanding of the diverse opportunities available within the music sector. We would like to thank the team at Crown Lane Studios for hosting such a rewarding experience and helping our students gain first-hand knowledge of the industry.

YEAR 11 A-TEAM PROGRESS IN THE NATIONAL CUP

On Monday 28th September, our Year 11 A team played against a strong Carshalton Boys team in the first round of the National Cup. Glenthorne played with a brilliant work ethic and had a fantastic attitude throughout the game. In a tense match, Glenthorne kept scoring and managed to restrict Carshalton's opportunities, in particular a hatrick from Szymon led to a dominant 6-3 win!

We progress through to the next round where we will play St. Joseph's.



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AUTHOR VISIT FROM E. LOCKHART VISIT WITH YEAR 10

On Monday 28th September, our Year 10 pupils had the exciting opportunity to meet New York Times bestselling author E. Lockhart, who travelled from the United States to visit Glenthorne High School. During her inspiring talk, E. Lockhart shared insights into her writing journey and discussed her latest novel, *The Pools*. Students were fascinated to learn more about the creative process behind her work and gained valuable advice about storytelling and writing.



Following the presentation, students were invited to the library to meet the author in person, have their books signed, and ask questions about her career and novels. The event was a fantastic experience for everyone involved and left many students feeling inspired to pick up a book and start writing themselves.

Train to Teach



Webinar



Thursday 15th October 2026
5-6 pm

Find out about our training programme, and how to apply for September 2027

To book a free place email
RFA@glenthorne.sutton.sch.uk
or click the link in the bio



A uniquely diverse place to learn & teach

In Sutton, we have high-performing schools of every type, which makes us unique in being able to offer a 'first-class' and diverse experience to our trainee teachers.

From mixed comprehensives to single-sex academies, from grammar to faith schools... Sutton has the pick of the crop. We also have 'exceptionally high' employment rates and most of our trainees gain their first teaching posts in local schools.

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.



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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



Learn to play AN INSTRUMENT AT GHS

There are vacancies in the following lessons:

Brass Trumpet, Trombone and French Horn

Bass Guitar

Drum Kit

String Viola and Violin

Woodwind Clarinet, Flute and Saxophone



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Attendance Fact of the week

Many clubs and activities require regular attendance to participate



Mental health & Emotional Wellbeing Tip

Celebrate your uniqueness – Self-acceptance boosts wellbeing
→ *Share or express one thing that makes you proud of who you are*

Well-being Tip: Take a Break from the School

As the days get shorter and school gets busier, it's easy to spend more time on screens. While phones and social media can help us stay connected, too much screen time can sometimes leave us feeling tired, stressed, or distracted.

This October, try to be intentional with your screen time.

📱 Put your phone away while completing homework

🚶 Take a 10-minute break outdoors each day

💬 Spend time talking face-to-face with friends or family

😴 Avoid screens for at least 30 minutes before bed

Weekly Challenge

Choose one hour this week to be completely screen-free. Use the time to read, play a board game, do a puzzle, exercise, listen to music, draw, cook, or catch up with someone.

Remember

"Your brain needs rest just as much as your body does."

Useful Websites

YoungMinds

Advice and support created specifically for young people, covering stress, anxiety, self-esteem, exams, friendships and more.

<https://www.youngminds.org.uk> [[youngminds.org.uk](https://www.youngminds.org.uk)], [[youngminds.org.uk](https://www.youngminds.org.uk)]

NHS Every Mind Matters

Practical wellbeing tips, videos and tools on sleep, managing worries, dealing with change and looking after your mental health.

<https://www.nhs.uk/every-mind-matters>[[nhs.uk](https://www.nhs.uk/every-mind-matters)], [[nhs.uk](https://www.nhs.uk/every-mind-matters)]

Childline

Free support, advice and confidential help for any worry, big or small, including stress, school, family issues and friendships.

<https://www.childline.org.uk> [[childline.org.uk](https://www.childline.org.uk)], [[childline.org.uk](https://www.childline.org.uk)]



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Cucina menu

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Cucina

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



**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