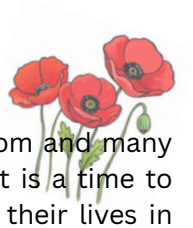
# GHS Update

November 2026

*Achievement for All*

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## REMEMBRANCE DAY



Every year on 11 November, people across the United Kingdom and many other countries come together to mark Remembrance Day. It is a time to remember the brave servicemen and women who have lost their lives in wars and conflicts, and to honour those who have served their country.

The date marks the end of the First World War in 1918, when fighting stopped at the eleventh hour of the eleventh day of the eleventh month. Today, Remembrance Day is not only about remembering those who fought in the First World War and Second World War, but also those who have served in more recent conflicts.

The poppy has become a symbol of remembrance, inspired by the flowers that grew on the battlefields of northern France and Belgium after the First World War. Wearing a poppy is a way of showing respect and gratitude for those who made sacrifices so that we can enjoy the freedoms we have today.

At our school, Remembrance Day encourages us to reflect on the values of courage, service, kindness, and peace. By learning about the past and remembering those who suffered in times of conflict, we can better appreciate the importance of working together to create a peaceful future.

## DIWALI CELEBRATIONS AT GLENTHORNE

This week, the Glenthorne community has been celebrating Diwali, the Festival of Lights, one of the most important festivals in the Hindu, Sikh and Jain faiths.

Our celebrations began with Whole School Assemblies on Monday 2nd and Tuesday 3rd November, led by Ms Khamkar, who shared the significance and traditions of Diwali with pupils and staff. The assemblies provided an opportunity for the school community to learn about the festival's themes of light, hope, kindness and the triumph of good over evil.

On Friday 6th November, pupils and colleagues celebrating Diwali further marked the occasion by attending school in their traditional celebratory clothing. It was wonderful to see the vibrant colours and cultural dress on display, reflecting the diversity and inclusivity that are such important parts of life at Glenthorne.

As families and communities prepare to celebrate Diwali this Sunday, we would like to extend our warmest wishes to all members of the Glenthorne community who are marking the festival. Happy Diwali to all those celebrating. We hope you enjoy a joyful, peaceful and prosperous celebration with family and friends.




## Looking Ahead

**A Week**

"When you go home, tell them of us and say, for their tomorrow we gave our today."
John Maxwell Edmonds

**Year 11 revision Evening**
Wednesday 11th November

**Year 7 & 8 Swimming Gala**
Monday 16th November

**Year 10 Welcome Evening**
Tuesday 17th November

**Year 9 Parents' Evening**
Wednesday 25th November



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## NATIONAL YOUTH ORCHESTRA



On Saturday 31 October, Glenthorne High School was proud to host the National Youth Orchestra (NYO) as part of their annual Inspire Festival. The event brought together more than 200 talented young musicians for a day of rehearsals and performances across the school site.

A highlight of the day was a spectacular 150-piece orchestra performance in the Sports Hall, which was transformed into an impressive concert venue for the occasion. In addition, a 25-piece violin ensemble performed in the Main Hall, showcasing the exceptional talent and dedication of the young musicians involved.

Pupils from across South London and Surrey took part in this inspiring event, including three of Glenthorne's own musicians. Year 9 pupils Cyrus and Ennis performed at the Glenthorne festival, while Year 12 student Emily took part in the Birmingham leg of the nationwide programme.

The festival also provided a valuable opportunity for a number of our GCSE, Key Stage 3 and Orchestra pupils to meet NYO musicians and organisers, observe professional rehearsals, and enjoy a shared performance with the full orchestra. Experiences such as these offer invaluable insight into high-level musical performance and provide inspiration for our own aspiring musicians.

We were delighted to welcome the National Youth Orchestra to Glenthorne and hope to host the organisation again in the future. It was a truly memorable day that celebrated musical excellence, collaboration and the power of live performance, leaving a lasting impression on everyone involved.



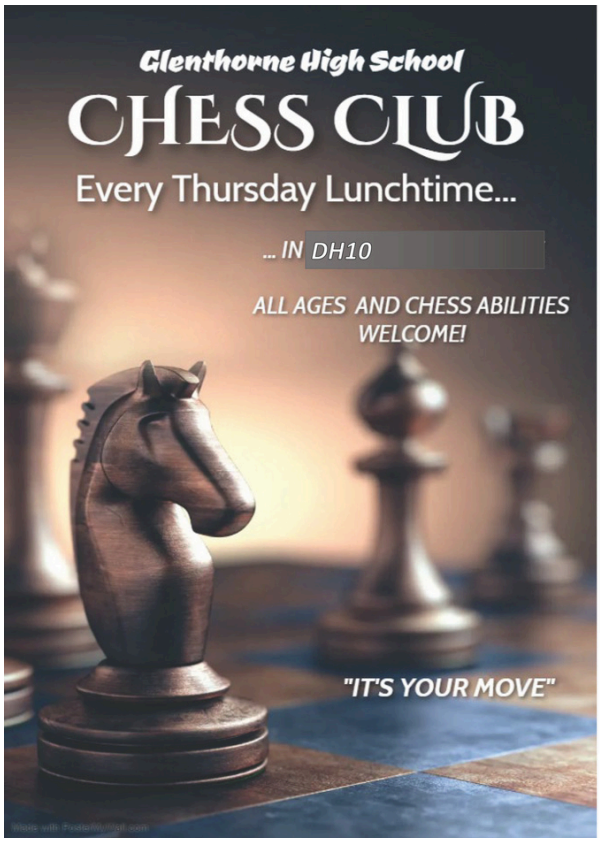
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## D&T House Week

*A Week of Creativity and Challenge*

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Think Design Make – Pop-up Greetings Cards  | Plant to Plate Special Edition - Stuffed Flatbreads  | Make your own Festive Decorations  | No Sewing Bee Design Competition  | Make Your Own Ketchup! Customisable Flavours  |

**Lunchtime activities start at 1.30** - Get a lunch pass from any D&T teacher

Attend to achieve House Points!

## D&T House Week

*Activities*

**Monday in B4A: Think Design Make special edition – Pop Up Cards**
Come along to B4A where we will be running a workshop. You can improve your manufacturing skills by creating a pop-up greetings card. These thoughtful cards will be useful for the festive season!

**Tuesday in B18: Plant to Plate Special Edition - Stuffed Flatbreads**
You will get the chance to make flatbread stuffed with different ingredients which you can take home to enjoy! Come and show off your cooking skills. Gluten free flour will be available. Please speak to your D&T teacher if you have concerns about allergies but would like to attend.

**Wednesday in BB4: Make your own Festive Decorations**
Come along and get into the festive spirit (early!). You will have the chance to use craft techniques to produce your own Christmas decorations.

**Thursday in B18: The No Sewing Bee Design Competition** Come in pairs if possible, one will be the designer and one the model! You will be given a range of fabrics and safety pins and the designer will create an outfit on the model. There will also be the chance to use a mannequin if preferred. If you don't have a partner, please still come along as we will pair you up!

**Friday in BB4: Make Your Own Ketchup! Customisable Flavours**
Want to invent your own flavourings? You will be taught how to make tomato ketchup from scratch. Then you can choose from different flavourings to produce your own unique brand of ketchup. Please **bring a jar** so that you can take it home.

## D&T House Week Competition

**Bring in a printed photograph or the real article of something you have designed or created outside of school. You can also email a photograph to your teacher (it must be emailed from your school email account).**

**It could be anything – something you have built, constructed, stitched, embroidered, cooked, sketched...**

We will be judging the entries and there will be prizes for the top three creations.

**Entries must be submitted to any of the D&T teachers.**

**Deadline: Thursday 12th November after school.**

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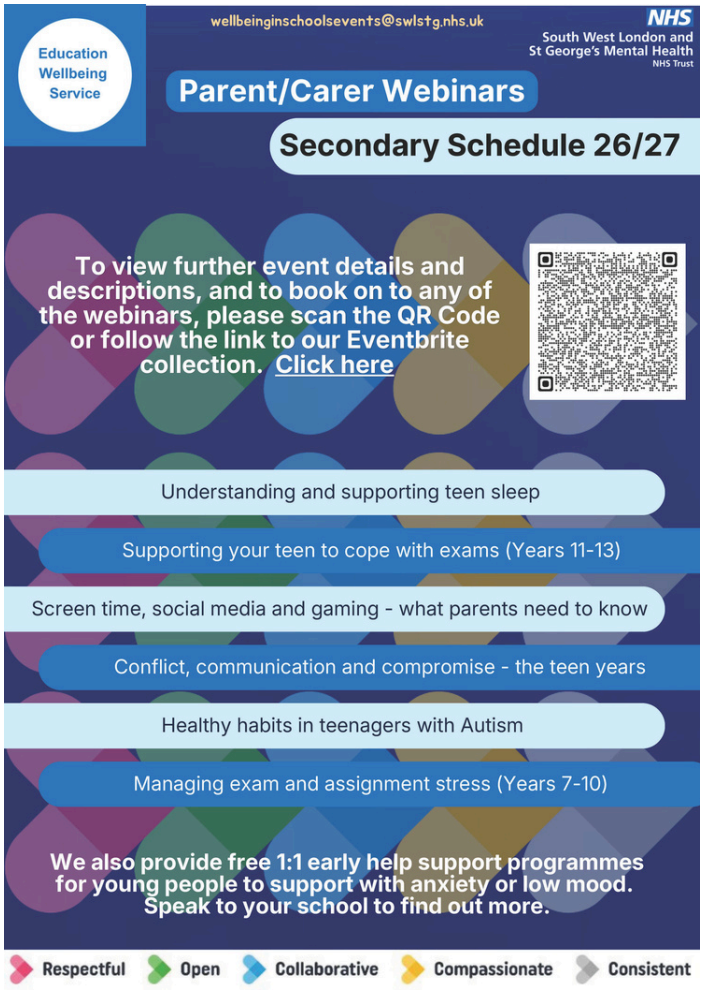
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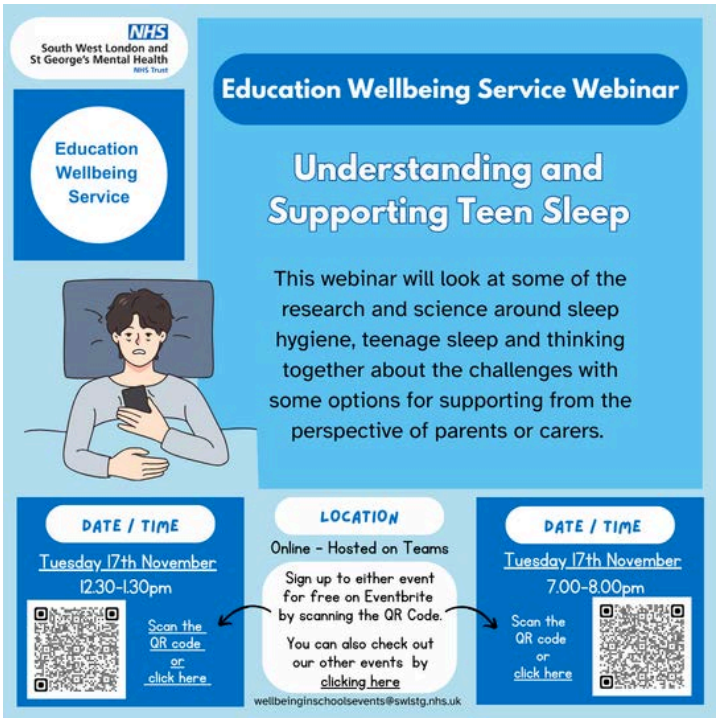
## Attendance Fact of the week

Well-rested pupils are more likely to attend school regularly, arrive on time and engage positively in learning throughout the day

## Mental health & Emotional Wellbeing Tip

Teenagers need between 8 and 10 hours of sleep each night. Consistent sleep routines improve concentration, emotional regulation and overall wellbeing



# GHS Update

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## Cucina menu

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WEEK 1

Cucina

**Week Commencing;**
**9/11/26, 30/11/26, 21/12/26, 11/01/27, 01/02/27, 22/02/27, 15/03/27, 05/04/27**

## CLASSIC HOT & HEARTY

| CLASSIC MAIN MEALS | VEGETARIAN MAIN MEALS |
|---|---|
| **MONDAY** Beef Chilli Con Carne with Nacho Crumb, Mixed Rice & Sweetcorn | **MONDAY** Mixed Bean Chilli with Nacho Crumb, Mixed Rice & Sweetcorn (VE) |
| **TUESDAY** Sticky Bang Bang Chicken with Rice & Garlic Green Beans | **TUESDAY** Sticky Plant Based Bang Bang Pieces with Rice & Garlic Green Beans (VE) |
| **WEDNESDAY** Glazed Gammon or Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & Roast House Gravy | **WEDNESDAY** Vegetable 'Squashage' Roll with Crispy Roasties, Seasonal Vegetables & Roast House Gravy (V) |
| **THURSDAY** Creamy Chicken, Spinach & Pesto Pasta Bake with House Salad | **THURSDAY** Arrabiata 'Veggieball' Bake with House Salad (V) |
| **FRIDAY** Chip Shop "Fryday" Fish, Salmon Fishcake or Pizza with Chips, Peas & Tartare Sauce | **FRIDAY** Smashed Veggie Burger with Iceberg Lettuce & Perinaise Sauce (VE) |

### DESSERTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Vanilla Sponge & Custard | Chocolate & Orange Brownie | Biscoff Swirl Sponge | Oaty Apple Crumble | Fruity Fridge Cake |

**Fruit and Jelly Pots Available Daily**

### JACKET POTATOES

**Topped with a Choice of: Cheese, Tuna or Beans Available Daily**

Street Vibes

**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 | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Vegan Singapore Noodles (VE) | The Big Plant Burger (VE) | Roasted Butternut, Sweetcorn & Chipotle Pasta (VE) | Maple & Chilli Cauliflower Wings with Cajun Wedges (VE) | Garlic & Chilli Noodles (VE) |

### TRATTORIA

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Pasta in Cheese Sauce | Tomato & Basil Pasta | Pasta in Cheese Sauce | Tomato & Basil Pasta | Creamy Pesto Pasta |