GHS Update

Achievement for All

November 2026

Issue No. 185

YEAR 12 BIOLOGY STUDENTS VISIT THE INSTITUTE OF CANCER RESEARCH

On Wednesday 18th November, nineteen Year 12 A-level Biology students attended an inspiring evening at the Institute of Cancer Research in Sutton, gaining a valuable insight into the world of cancer research and the many career pathways within the scientific field.

During the visit, students took part in a range of interactive workshops led by experienced researchers and learned about the ground breaking work being carried out to improve the diagnosis and treatment of cancer.

A particular highlight of the evening was a tour of the Institute's state-of-the-art laboratories. Students had the opportunity to meet medicinal chemists and observe how new compounds are developed as part of the search for more effective cancer treatments. The visit also demonstrated how concepts studied in A-level Biology, Chemistry and Physics are applied in cutting-edge research and translated into real-world clinical practice.

The experience provided students with a fascinating glimpse into scientific research and helped bring their classroom learning to life.
We would like to thank the Institute of Cancer Research for welcoming our students and for providing such an informative and engaging experience.









Looking Ahead

B Week
"Joy shared is joy doubled"
Swedish Proverb

Year 7-11 Flu Vaccinations
Tuesday 1st December

Drama Winter Shohwcase
Tuesday 8th December

Christmas Jumper Day
Thursday 10th December

Christmas Lunch
Thursday 10th December

Last Day of Term
Pupils dismissed @ 12:30
Friday 18th December

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SAMBA WORKSHOPS



Last week, our Year 8 pupils had an exciting opportunity to immerse themselves in the vibrant world of Samba during a workshop led by Inspire Works.

Throughout the session, pupils explored the rich history and traditions of Samba music, including its connection to the world-famous Rio Carnival. They were introduced to a variety of traditional Samba instruments and learned how different rhythms combine to create the distinctive sound of this energetic musical style.

Putting their learning into practice, pupils worked collaboratively in groups to perform as part of their own Samba ensemble. The workshop encouraged teamwork, listening skills and creativity, while providing students with the chance to experience a new musical genre in a fun and engaging way.

The event was enjoyed by all and provided a memorable opportunity for pupils to develop their musical skills, build confidence and, most importantly, enjoy making music together.

KS3 ART CLUB CREATIVITY ON DISPLAY



Our KS3 Art Club pupils have been showcasing their creativity by transforming ordinary paper bags into colourful and imaginative masks. Drawing inspiration from popular cartoon characters, as well as their own original ideas, students designed and created a fantastic range of unique pieces.

The project encouraged pupils to develop their artistic skills while exploring creative problem-solving techniques and experimenting with different design ideas. It was wonderful to see pupils working collaboratively, sharing inspiration and expressing their individuality through their artwork.

The finished masks demonstrated an impressive level of creativity and enthusiasm, making the project both enjoyable and rewarding for everyone involved.

Well done to all the pupils who took part for their hard work, imagination and artistic flair!







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SCHOLASTIC BOOK FAIR

During the week, the Library hosted a highly successful Scholastic Book Fair, adding an exciting competitive element by turning it into a House Competition. Thanks to the enthusiasm and hard work of our dedicated pupil sellers, hundreds of books were sold throughout the event. Not only did pupils enjoy browsing and purchasing new titles, but the proceeds raised will also help provide even more books for our library shelves. A huge thank you to everyone who supported the Book Fair and helped make it such a fantastic success.





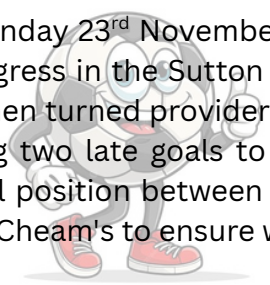
GHS SPORTS NEWS!

The U15 Basketball Team made an impressive start to their season with a convincing home victory against Greenshaw on Monday 23rd November.

The boys began strongly, taking a narrow 14-10 lead in the first quarter while dominating possession throughout the opening stages of the game. Their hard work and teamwork paid off as they steadily increased their advantage during the second and third quarters, building a commanding 65-28 lead. Team captain Noah delivered an outstanding performance, scoring more than 30 points, including a series of impressive long-range shots. He was well supported by valuable contributions from Kieron, Nelson, Ladi and Mateen.

The team maintained their momentum to secure a comprehensive 90-43 victory. Bam was exceptional in the centre, scoring 20 points and delighting spectators with a memorable dunk in the final quarter. Sidney also produced an excellent display, scoring 20 points despite playing in an older age group.

This was a fantastic team performance and an excellent way for the U15 side to begin their season.



On Monday 23rd November, our Y10 boys football team battled to a win a thrilling penalty shoot out to progress in the Sutton Cup. The boys took the lead in the second half through a goal from Frazer who then turned provider for our second. The boys defended for their lives but couldn't stop Cheam scoring two late goals to level the tie. Frazer then became the hero in the shootout taking up his natural position between the sticks for the spot kicks. He not only scored our final penalty, he then saved Cheam's to ensure we progressed!

Well done to all the players involved

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PARKING CONSIDERATELY AROUND THE SCHOOL

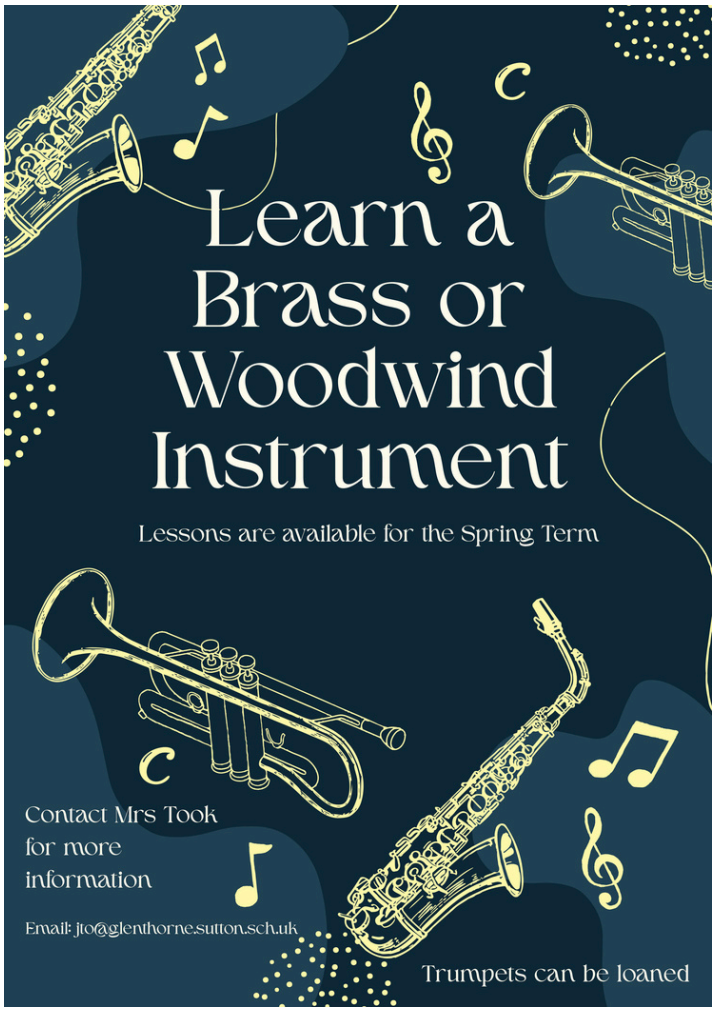
We would like to remind all parents and carers to be considerate when parking in the residential roads surrounding the school.

At busy drop-off and collection times, please help us to keep everyone safe by parking legally and responsibly, avoiding driveways, dropped kerbs, junctions and areas where your vehicle may obstruct visibility for pedestrians or other road users.

We are grateful for the support of our local residents and ask that families respect the neighbourhood by keeping noise to a minimum and disposing of any litter responsibly.

Thank you for your continued cooperation in helping to ensure the safety of our pupils and maintaining positive relationships with our local community.





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Attendance Fact of the week

A healthy breakfast provides energy and improves concentration, memory and mood during the school day.

Mental health & Emotional Wellbeing Tip

Arriving at school ready to learn, helps pupils maximise opportunities for achievement and progress

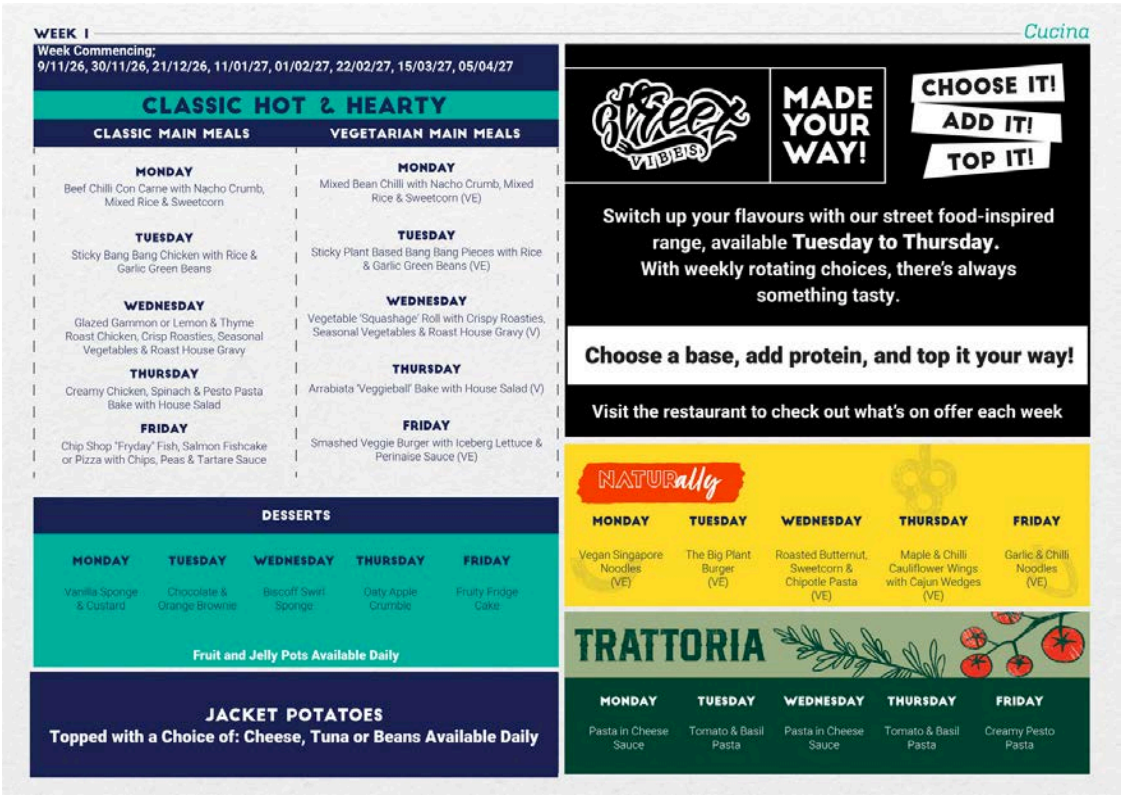


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Cucina menu

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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





ONLY £3.00

Thursday 10th December

Please ensure that your child has enough funds in their ParentPay account on the day

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Train to Teach

Sutton SCITT Inspiring Future Teachers

Webinar

Thursday 10th December 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 use the QR code