



Carshalton High School for Girls

NEWSLETTER

FRIDAY 10 JULY 2026

Dates for your diary

Week 2/B

14.07.26 - Year 12

Geography trip to Hyde Park

15.07.26 - Sports Award Evening

16.07.26 - Trip day

17.07.26 - Last day of term.
Early finish for all students, students will be dismissed as per below:

- Year 12: 12.00pm
- Year 10: 11.50am
- Year 9: 11.45am
- Year 8 & 7: 12.00pm

Week A

01.09.26 - INSET Day

02.09.26 - INSET Day

03.09.26 - Year 7 and 12 start usual time

03.09.26 - Year 7 school photographs

04.09.26 - Year 8, 9, 10, 11 & 13 start usual time.

Welcome

This week has been an exceptionally busy one at CHSG.

We have now introduced our new school day, which means no split lessons for Year 7 and longer break times for both students and staff, providing greater opportunities to recharge and support learning throughout the day.

We were also delighted to host our Student Leadership Conference, bringing together students from across The Girls' Learning Trust for an inspiring day featuring several exceptional guest speakers. Our Year 9 and 10 Drama students also enjoyed a special Q&A session with singer-songwriter Red, who shared her journey and offered an inspiring message about the importance of perseverance, dedication and hard work in pursuing a career in the performing arts.

Our students have continued to showcase their incredible talents through the Art and Photography Exhibition and the outstanding Summer Concert. Congratulations to everyone who contributed to these wonderful events.

Next week promises to be just as busy as we bring another successful academic year to a close. Our Sports Awards celebrations will follow our adapted Sports Day, and on Thursday all students will have the opportunity to take part in a range of alternative activities and educational visits.

This week's assemblies focused on staying safe over the summer holidays. While we hope the break provides plenty of opportunities to relax, spend time with family and friends, and create lasting memories, we also recognise that the holidays can bring new challenges for young people.

Students were reminded that staying safe is about much more than avoiding accidents. We encouraged them to make sensible decisions, trust their instincts if something doesn't feel right, look after their mental wellbeing, support friends who may be struggling, stay safe online, and know how and where to seek help if they need it.

Parents and carers play a vital role in reinforcing these messages. Taking a few moments to discuss holiday plans, agree how your child will stay in touch when they are out, talk about online safety, and remind them that they can always come to you with any worries can make a significant difference.

Finally, we reminded students that asking for help is a sign of strength. If they are worried about themselves or a friend during the holidays, they should speak to a trusted adult as soon as possible. Details of support services remain available on our school website and student intranet.

During the final week of term, students may continue to wear either the correct PE kit or the CHSG summer uniform each day. They should not wear a combination of the two. Thank you for your continued support in ensuring students attend school in the correct uniform.

We hope all of our families enjoy a safe, happy and well-deserved summer break, creating many positive memories together. We look forward to welcoming everyone back in September, refreshed and ready for another successful year.

Miss Holmes
Designated Safeguarding Lead



GLT Student Leadership Conference

This week, we were delighted to host the first GLT Student Leadership Conference at Carshalton High School for Girls, welcoming student leaders from across the trust for a truly inspiring day centred around the theme "Empowering LeadHERship." The conference brought together approximately 80 students from Years 7-12 to develop their leadership skills, build confidence and explore how they can make a positive difference in their schools and communities.

The day began with an inspirational keynote speech from Katy Parrott, British adventurer, ultra-endurance athlete and Army Reserve combat medic. Katy encouraged students to embrace challenges, step outside their comfort zones and recognise that resilience is often built through overcoming setbacks. Her message focused on the importance of mindset, determination and believing in yourself, even when faced with obstacles.

During the breakout sessions, students had the opportunity to learn from a range of exceptional speakers. Baroness Tanni Grey-Thompson spoke about ambition, perseverance and breaking down barriers, inspiring students to pursue their goals regardless of the challenges they may face. She highlighted the importance of using your voice, advocating for others and creating opportunities for those around you.

Izzy Petter, Team GB hockey player, shared her experiences of elite sport and spoke about the value of hard work, teamwork and resilience. Students were encouraged to see mistakes as opportunities for growth and to understand that success comes from consistency, dedication and learning from setbacks.

Dorriane Casey, Coaching, Learning and Development Manager, explored different leadership styles and challenged students to reflect on their own strengths and qualities as leaders. Her sessions focused on self-awareness, effective communication and the importance of empowering others through positive leadership.

Telegraph journalist Ruby Cline encouraged students to think about future aspirations, personal development and the opportunities available to them. She emphasised the importance of confidence, curiosity and taking proactive steps towards achieving personal and career goals.

The day concluded with students working collaboratively to identify real issues within their schools and develop practical, student-led solutions. The quality of discussion, teamwork and creativity demonstrated throughout the event was outstanding and highlighted the incredible potential of our young leaders.

We are incredibly proud of all the students who represented our school. Their enthusiasm, maturity and willingness to engage fully in every aspect of the conference made the day a tremendous success. We hope they left feeling inspired, empowered and ready to make a positive impact as the leaders of tomorrow. A huge thank you to our guest speakers, staff and student leadership team for making the event such a memorable and impactful experience.





NOTICES

A reminder about prohibited items

We would like to ask for your support with an important safeguarding reminder.

From time to time, students bring items into school which they do not intend to use inappropriately but which could nevertheless be used to cause harm. We recognise that this is often done innocently, without students or families appreciating that the item is not suitable for a school environment.

We ask all parents and carers to check, where possible, that students are not bringing any items into school that could present a risk to the safety of others. Please remember that the school's prohibited items list is not exhaustive. If an item could reasonably be used to cause injury or compromise the safety of our community, it should not be brought into school.

Where students bring prohibited or potentially dangerous items onto the school site, the school will respond in line with our behaviour and safeguarding procedures. Depending on the circumstances, this may result in serious consequences.

Our expectations are not about assuming the worst of our students; they are about ensuring that every member of our community feels safe. Thank you for your continued support in helping us maintain a secure and positive learning environment for everyone.

CHSG CARES sessions

I wanted to share a brief overview of our new CHSG CARES sessions. [In this short video](#), I explain what students can expect, why these sessions are an important part of our curriculum, and how they will support our young people both in school and beyond. I hope this provides a helpful insight into the programme, and I look forward to working in partnership with you to ensure every student benefits from these valuable learning opportunities.

CHSG CARES Sessions – what are they all about?

Carshalton High School for Girls	
School Timetable	
Monday, Tuesday, Thursday Friday	
	7 8 9 10 11 12 13
8:00 - 8:25	
8:25 - 9:00	CARES CARES CARES CARES CARES CARES CARES
9:00 - 9:15	Period 1 Period 2 Period 3 Period 4 Period 5 Period 6 Period 7
9:15 - 10:00	Period 1 Period 2 Period 3 Period 4 Period 5 Period 6 Period 7



Free school meals

From the 2026/2027 academic year there are new eligibility criteria for Free School Meals:

- There will be a targeted FSM entitlement for families in receipt of Universal credit (provided they have a household income of no more than £7,400), or the guaranteed element of the Pension Credit, or support under part VI of the Immigration and Asylum Act 1999.
- There will be an expanded FSM entitlement for families receiving Universal Credit with a household income of over £7,400 a year.
- Transitional protection will end – this means those children who have been receiving Free School Meals and who no longer qualify under the above benefits will stop receiving these.
- All Free School Meal eligibility must be rechecked annually – this will take place in the June to September period.

We ask our families to make an application, even if you do not think you are eligible. This will:

- Enable us to record if a family is eligible for targeted free school meals or expanded free school meals
- Ensure eligibility can be rechecked annually without a new application having to be made
- Enable anyone not currently eligible to have their eligibility automatically rechecked periodically. This means if your circumstances change and you become eligible; you will not need to reapply in the future.

To apply please visit the London Borough of Sutton Website: [Apply for Free School Meals and Pupil Premium - Parent or Carer Details - Section 1 - Self](#)

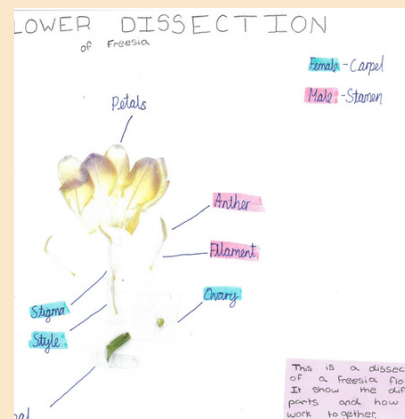
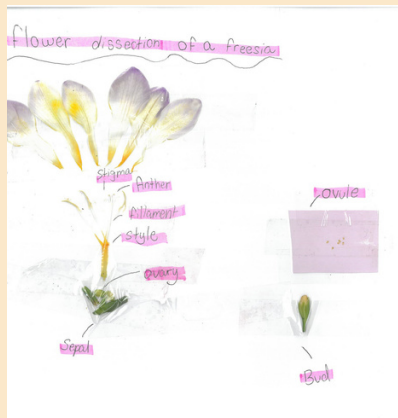


YEAR 7

It has been another incredibly busy, action-packed week for our Year 7 students! As we approach the end of the term, the energy and enthusiasm across the year group remain as high as ever.

This week, our Year 7s channelled their inner scientists in biology, they rolled up their sleeves to dissect flowers and study their internal structures. The focus and precision in the lab were fantastic to see.

A special shoutout goes to Matilda, Isobel, Kara, and Emma in 7ZN for producing truly exceptional work and demonstrating brilliant scientific inquiry. Well done, girls!



Trip day - Bowling

We are all incredibly excited for our upcoming end-of-year Bowling rewards trip! To ensure the day runs as smoothly as possible, please note the following travel details:

- **Oyster Cards:** Please ensure your child has a fully topped-up Oyster Card (or a contactless payment method with sufficient funds) ready for the day.
- **Our Route:** We will be travelling by train from Carshalton Station to Mitcham Junction as part of our journey and taking the tram to Threpia Lane from there.

Thank you for your help in making sure the students are fully prepared for a fun day out.

We want to kindly ask for your support regarding your child's digital safety. Recently, we received several reports of unofficial tutor group WhatsApp chats where inappropriate messages are being sent and shared.

Please remember that WhatsApp has a minimum age requirement of 13. We strongly advise that students leave these unofficial group chats, block any numbers sending unsuitable content, and report the chats directly to the Year 7 team so we can support them.

Please take a moment this evening to speak with your daughter about her current WhatsApp usage. It is incredibly helpful to remind them that they can always come to us or you if they see something that doesn't feel right.

Thank you to all of our parents and carers for your continued, invaluable support. Well done to the whole of Year 7 for another fantastic, and beautifully warm, week at school!

Ms Brice

Head of Year 7

YEAR 8

Duke of Edinburgh

Thank you to those who have already signed their daughter up to Duke of Edinburgh. It is a fantastic opportunity for our students, and we encourage as many students as possible to take part. If you still want to sign up, then please complete the MS form below and Mr Boulter will be in touch with all the details. [Duke of Edinburgh Bronze 2026/2027 - Fill in form](#) We have had 60 applicants so far which is fantastic, but we would like even more.

Student Shout-Out

Congratulations to Beau, who achieved a fantastic Silver Medal at her club gymnastics competition this week. This is a wonderful achievement and reflects her hard work, dedication and commitment to her sport. Well done, Beau!





YEAR 8

Rap Therapy - Thursday 16th July

There is still time to sign your child up for our exciting Rap Therapy rewards event on Thursday 16th July. This popular workshop uses rap, poetry and performance to build confidence, encourage self-expression and develop teamwork. Students thoroughly enjoyed the experience last year, and we're looking forward to another fun, energetic and memorable day.

Students should arrive and leave school at the usual times and may wear their own clothes (normal school dress expectations apply).

The cost is £5 (or £2.50 for students in receipt of Pupil Premium funding). Please sign up and make payment via the Arbor Parent Portal or app, where the event is listed under Trips.

Mrs Devaney
Head of Year 8

YEAR 9

Another successful, and very warm week for Year 9. We would like to recognise all the students for demonstrating great perseverance and focus during this period of hot weather.

Rewards Assembly

On Thursday it was a privilege to present so many students in Year 9 with rewards for their attendance, punctuality, and effort in school. It was also a pleasure to show the students so many positive comments that had been sent from subject teachers.

Duke of Edinburgh Award

We wish all the participants good luck on their expedition this weekend, we are sure you will enjoy this and look forward to hearing about it next week.

GCSE choices

Thank you to all students for making your choices of either History or Geography, we hope you have chosen the subject you are most interested in and you are looking forward to carrying it forward into Year 10.

Student shout-out

A huge congratulations to Poppy R, who this week starred in Wilson's School Junior Production of We Will Rock You, taking on the lead role of Scaramouche.

This is a fantastic achievement and a wonderful opportunity to perform in such a high-quality production. Poppy delivered an outstanding performance, impressing audiences with her powerful vocals and brilliantly capturing the rebellious spirit and individuality of her character. We are incredibly proud of her achievement and look forward to seeing what she accomplishes next.

Attendance

We are increasingly concerned about attendance across the Year 9 cohort, which is currently below where we would like it to be. Regular attendance is one of the most significant factors in a student's academic success, wellbeing and sense of belonging within the school community.

We understand that there can be genuine challenges that affect attendance, and we are committed to working alongside families to support every student. However, even occasional absences can have a considerable impact on learning, confidence and friendships over time.

We would be grateful for your continued support in ensuring that your child attends school every day whenever possible. If there are any barriers affecting attendance, please do not hesitate to contact us so that we can work together to provide the appropriate support.

Thank you for your continued support. We wish you and your family a lovely - and slightly cooler - weekend.

Mr. Osborne
Head of Year 9



YEAR 10

This week began with the introduction of our new timetable. While this has been a significant change for many of us, students adapted brilliantly and approached the transition with maturity and positivity. The new timetable provides everyone with longer break and lunchtime periods and, from September, will also allow us to offer an even wider range of extracurricular activities.

As a reminder, both the canteen and the Snack Shack are now shared spaces for all year groups during break and lunchtime. We encourage students to be considerate of one another and avoid becoming territorial over seating areas so that everyone can enjoy these spaces.

On Wednesday, members of the Year Team accompanied 30 students to Baker Street to take part in workshops delivered by the charity Money Ready at the global investment management company PIMCO. It was a fantastic opportunity for students to develop their financial literacy, learning about payslips, taxation, pensions, and the world of work. They also had the privilege of meeting PIMCO's CEO and speaking with employees about their career journeys. It was wonderful to see our students engage so enthusiastically and gain so much from this valuable experience.



Friday was another busy day, with both Sports Day and our Rewards Assembly taking place. Congratulations to all the students who took part in Sports Day and to everyone who received an award in recognition of their achievements this year. Although many students were understandably disappointed not to be able to support their peers at David Weir Leisure Centre due to the hot weather, it was a good opportunity to reflect on the many memorable Sports Days they have enjoyed throughout their time at CHSG.

With the warm weather set to continue, we encourage everyone to stay safe, keep hydrated, and take care in the heat. We hope you all have a restful weekend and look forward to seeing everyone next week for the final week of term.

Mrs Pearce
Head of Year 10

YEAR 12

This week, Year 12 students have been out on their work experience placements, and we look forward to welcoming them back to school on Monday 13th July. We hope they have found the experience both enjoyable and valuable, gaining a greater understanding of the world of work!

A reminder that students should be in their form rooms by 8.30am on Monday morning. Please also ensure that students are aware of the new school timings and plan their journeys accordingly to arrive on time.

Following the recent summer assessments, students who have achieved an E or U grade in a subject will be invited to complete a resit assessment next week. As communicated by Mrs Norman earlier in the year, these resits form an important part of the progression process. Progression into Year 13 is not automatic for students who do not achieve a pass in the resit assessment. Should this be the case, we will arrange a meeting with you and your daughter to discuss the most appropriate next steps and the support and options available.

Looking ahead, on Thursday 16th July we will begin the transition into Year 13. Students will be introduced to the expectations of their final year in Sixth Form and will continue preparing for their post-18 pathways. We are aiming to have the first draft of each student's personal statement completed by the end of the day, providing an excellent foundation to build on over the summer in readiness for UCAS and apprenticeship applications.

We look forward to hearing about our students' work experience placements and welcoming everyone back for the final week of term.

Miss Robinson
Head of Year 12



CHSG MENTAL HEALTH AND WELLBEING

Mental Health and Emotional Support

School holidays can still be a challenging time for some children and young people. The following support services are available:

- **Kooth** – free, anonymous online mental health support for 11–25 year olds: www.kooth.com
- **Childline** – 0800 1111 or www.childline.org.uk
- **YoungMinds** – mental health information and advice for parents and young people: www.youngminds.org.uk

Please visit our website for further information: [Mental Health and Wellbeing support.pdf](#)



Safeguarding

If you are worried about a child's safety or wellbeing:

- **Sutton Children's First Contact Service:** 020 8770 6001
- **Out of hours (emergencies only):** 020 8770 5000

Further information can be found on our website: [Carshalton High School for Girls - Safeguarding and Child Protection out of hours contacts](#)

Further Information

The **Sutton Information Hub** brings together local support services, activities, and advice for families: <https://www.suttoninformationhub.org.uk>

Other support

Support with food - [Sutton Food Support](#) | [Sutton Information Hub](#)

Financial and Housing support [Together for Sutton](#) - [Together for Sutton](#)

Domestic Abuse support [Sutton DASS](#) | [Cranstoun](#)



Curriculum Focus: Religious studies



It has been an exciting half term for the PRE Department.

Our Year 9 GCSE students recently took part in a Grill a Christian event, where they were able to put their knowledge of Christianity into practice by questioning a panel of Christian leaders from local churches about their beliefs and practices. Students asked thoughtful and challenging questions, including “Is murder ever justified?” and “Why is there so much suffering in the world?” It was fantastic to see them engaging so confidently with big philosophical and theological ideas.

This week, one of our A Level students, Isla Hill, has also been completing work experience in the department as she hopes to read Philosophy at university next year. As part of the week, Isla accompanied Mrs Copeland to Eton College to meet with Dr Daniel Soars and help plan the 2026 UK Philosophy Olympiad. This was a fantastic opportunity for Isla to see how national academic competitions are organised, contribute ideas to the planning process, and ask Dr Soars questions about his own books and work in philosophy.

Students in Year 8 have also been enjoying our new and increasingly challenging scheme of work on Metaphysics of Mind. This fascinating unit asks students to consider some of the biggest questions in philosophy, including whether the mind is the same as the brain, whether consciousness can exist independently of the body, and what makes us the same person over time. The unit is part of our department's wider aim to increase challenge across the curriculum and give students access to rich, ambitious philosophical thinking from Key Stage 3 onwards.

If you get the chance, ask Year 8 what they think consciousness is - you may be surprised by the depth of their answers!



CHSG Sustainability Tip of the Week



CHSG Sustainability Tip of the Week

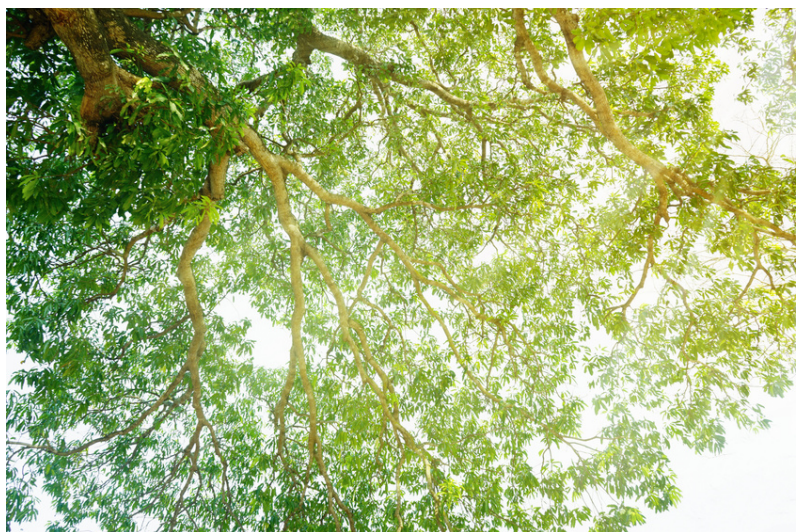
Sustainability is built through small actions repeated over time. Every positive choice, no matter how small, helps protect our planet for future generations.

Students:

Remember that sustainability isn't about being perfect—it's about making better choices whenever you can. Continue using your reusable bottle, recycling correctly, and caring for the spaces around you.

Parents:

The summer holidays are a great opportunity to enjoy nature together. Visit a local park, beach, woodland or nature reserve, and encourage children to appreciate and care for the environment.



supreme SEND Specific

Any Age

FREE
for those
eligible for
benefits-related
Free School
Meals

*Eligibility is based on benefits-related Free School Meal criteria. Universal Infant Free School Meals do not automatically qualify.

27th July – 20th August 2026

Monday – Thursday 10am – 2pm

Supreme's SEND Specific/exclusive Summer HAF Club provides a safe, nurturing, and fun environment where children and young people can learn, explore, and build confidence during the school holidays.

Designed specifically for children with Special Educational Needs and Disabilities (SEND), our camps offer tailored activities, experienced support staff, and a fully wheelchair-accessible venue to ensure every child can participate comfortably and confidently.

Activities May Include:

Sensory Play	Arts & Crafts	Cooking sessions	Music & movement	Interactive games
Outdoor Play	Educational Workshops	Soft Play & Calming Spaces	Community trips	

We understand that every child is unique, which is why we work closely with families to provide the right level of support, including personal care and additional needs support where required.

Our experienced team creates a welcoming environment that encourages social development, independence, creativity, and most importantly – fun! We believe every child deserves an enriching holiday experience.

Features of our camps



Fully wheelchair friendly venue



SEND-trained staff



Personal care support available



Inclusive and structured activities



Safe & supportive environment



Opportunities to build friendships & confidence



Scan to Register via our site



ARBOR HOW-TO



Report an absence

1. Log in to Arbor
 - Open the Arbor Parent Portal in your browser or the Arbor App
 - Enter your email address and password
2. Select your child
 - If you have more than one child, choose the correct child from your dashboard
3. Go to 'Attendance' or 'Report Absence'
 - Look for the **Attendance** section
 - This can be found under **Quick Actions** or on the dashboard under **Statistics**
 - Click **Log Absence**
4. Enter absence details
 - Select the time students will be absent
 - Add a reason
5. Submit the absence
 - Click **Log Absence** to send the information to the school

Arbor can only be used for same day absences. Future absences and appointments cannot be logged on Arbor, and an email must be sent to: attendance@carshaltongirls.org.uk



Sign up for a trip or workshop

1. Log in to the Parent Portal or Arbor app.
2. Click **Activities**, then **Trips**.
3. You will see any trips available to your daughter.
4. Click on the trip you wish your child to join.
5. If sign-ups are open, a green button will appear saying "Sign up (your daughter's name) for trip."
6. Click the button and then click the **Make Payment** or **Add Consent** button and complete the steps to sign-up. Please make sure the Consent button is ticked.
7. If the trip can be paid in instalments, please refer to the description to pay the correct deposit amount to confirm your daughters place, as this could be different to the minimum instalment available.

Workshops and prom payments will also show on Arbor as trips.



Top-up meal account

Logging your child's absence is quick and easy using the Arbor Parent Portal or App.

1. Log in to Arbor
 - Open the Arbor Parent Portal in your browser or the Arbor App
 - Enter your email address and password
2. Select your child
 - If you have more than one child, choose the correct child from your dashboard
3. Go to **Payments** or **Accounts**
4. Select Meals
5. Click green **Top up account** button
6. Enter the amount you wish to add
7. Click **Pay now**
8. Follow the secure payment steps using your card
9. Confirm the payment

Arbor does not facilitate automatic reminders in the way that ParentPay did. Please check your daughter's account balance regularly and top-up her account in good time to avoid going into deficit.



Need help?

If you have any difficulties accessing Arbor, please contact the school office for support.