



Carshalton High School for Girls

NEWSLETTER

FRIDAY 18 SEPTEMBER 2026

Dates for your diary

Week B

22.09.26 - School tours for prospective parents

25.09.26 - Macmillan coffee morning bake sale

25.09.26 - School tours for prospective parents

Week A

29.09.26 - Difference Matters trip

29.09.26 - School tours for prospective parents

02.10.26 - School tours for prospective parents

Welcome

As our students are now firmly back in to the routine of school, we turned our attention to talking about our learning this week. On Wednesday, our students had an assembly about articulating their learning journey. Research shows that there is significant positive impact of being able to explain what you are learning and why. Students all practiced this during the assembly and as teachers visit each other's lessons we will be talking to students about their learning. We would love you to engage your daughter in conversations about their specific subjects too to support them in developing their oracy skills and their understanding of what they have learnt that day.

We were thrilled to welcome over 500 families to our Secondary transfer Evening on Thursday. We are proud of the standing the school has in the local community and beyond that led them to consider our school for their daughters. Over 200 students were involved in the evening as tour guides and subject representatives. It was a pleasure to see them articulating the value of our school, passions for their subjects and talking about their wider school experiences. We had many compliments from prospective parents about how impressed they were with our students.

Trip Day – We Would Value Your Feedback

This is a final reminder to complete our Trip Day Parent Questionnaire. We have received just 30 responses so far, and we would really value hearing from more families before we make any decisions about the future of Trip Day. As you know, we are currently reviewing the format following lower attendance last year, and no decision has yet been made about whether Trip Day will continue. Your views will help us understand what would make Trip Day successful and worthwhile for pupils and families. The questionnaire takes just two minutes to complete, so if you have not yet responded, please take a moment to share your views using [Trip Day - Parent Questionnaire – Fill out form](#). Thank you to everyone who has already responded - we really appreciate your feedback.

Clubs

This week also saw the start of our clubs and activities programme. We would like to encourage all pupils to make the most of the clubs and enrichment opportunities available to them this term. There are 75 clubs running (and more to come!).

Over 70 students went to the first session of anime club. It was fantastic to see young people with a shared interest coming together. You can see all the clubs on offer here: [Carshalton High School for Girls - Extra-Curricular clubs](#). We also welcome feedback from our students on any clubs we could add to our programme in the future.

Please check with your child which clubs they have chosen to attend and make sure you know where they are expected to be after school each day. These activities are a great opportunity for pupils to develop new skills, explore interests, build friendships and make the most of their time at school.

Mrs Green
Deputy Headteacher





Pain Relief in School

We know that minor health issues such as period pain or recurring headaches can sometimes make it difficult for students to concentrate and get through the school day.

Parents and carers are reminded that, where appropriate, pain relief medication can be left securely with the School Office for your child's use. This can be particularly helpful for students who regularly experience period pain, headaches or similar discomfort, allowing them to access their usual pain relief when needed rather than having to struggle through the day or go home unnecessarily.

Medication should be provided by the parent/carer in its original packaging and clearly labelled, together with the required consent. Students must not share medication with others.

If this is something that would be helpful for your child, you can find further information and the consent form on our website: www.chsg.org.uk/supporting-students-with-medical-needs

Homework

All students in the school, including Y7 and 8, will access their homework tasks and deadlines on Arbor. Y7-9 will begin homework from next week and so please do ensure your daughter has logged into Arbor and alert us to any problems should they arise. Students can access Arbor from the browser: <https://carshalton-high-school-for-girls.uk.arbor.education/?/home-ui/index>

Understanding Free School Meals Charges on Arbor

Parents and carers can monitor their daughter's meal purchases and spending through Arbor.

To view this information, click on Payments and then Invoices. This will show the day's spend and the items that have been purchased.

When reviewing transactions:

If an item shows a £0.00 payment, this means it has been covered by the student's Free School Meals allowance.

If an item shows a charge or payment amount, this indicates the purchase was over and above the daily Free School Meals allowance, and the additional cost has been charged to the student's account.

We encourage parents to check Arbor regularly to keep track of purchases and account balances. If you have any questions, please contact the school office.

CHSG achieves Building Stronger Foundations Bronze Award

We are delighted to share that Carshalton High School for Girls has achieved the Building Stronger Foundations Bronze Award as part of the Trauma Informed Attachment Aware School (TIAAS) Programme.

This award marks an important step in our ongoing work to develop an attachment-aware and trauma-informed approach across the school. We recognise that positive relationships, a sense of belonging and an understanding of individual needs are essential in helping young people feel safe, supported and ready to learn.

Our approach combines high expectations with care, consistency and an understanding of the different experiences and challenges our students may face.

We are proud to receive this recognition and look forward to continuing to build on this work for the benefit of all our students.



**YEAR 7**

I am very proud of the wonderful start our Year 7s have made to secondary school. Their politeness, punctuality and respect for staff has been noted: these are exactly the kind of students we have at CHSG. One staff member has just stopped me to tell me that she has two classes of year 7s and they are 'utterly lovely.' We love hearing comments like that.

I thought it might be helpful to clarify a few things, which may be on your mind.

The school refrains from giving detentions to Year 7 students for certain infractions during their initial weeks to help them settle in, as communicated during the Induction and Information Evenings and to students themselves.

Starting Monday, detentions will resume after this settling-in period. All form groups have been informed and reminded this week. Late arrivals to school, form, or lessons, as well as not having necessary equipment, will result in a detention.

We ask that your daughter pack her bag herself the night before school; check that she has her timetable (perhaps another one on the fridge and a back up copy would be useful); and that she has every workbook needed for the lessons on her timetable. Wearing blazers is compulsory, to and from school - and when leaving the classroom. Skirts must not be rolled and must be four fingers from the knee - not short. Bags will be checked next week and regularly thereafter to ensure that students have the correct equipment.

A reminder, that only non-smart phones are allowed, switched off and to be kept in their school bag (not in a student's blazer). The 'brick' phone may only be used outside of the school gates and must not be used in or be visible around school. Bringing a smart phone into school in Years 7 and 8 is strictly prohibited. This includes if it is used outside the school gates and then put in a bag or blazer. It must not be brought to school at all.

We will not sanction homework for next week as homework is only being introduced to Year 7 from Monday. Your daughter received an e-mail yesterday, with step-by-step instructions on how to log in to Arbor. This morning in form, students were shown how to access homework. As they have their computer science lessons, they will also check that they can access Arbor. From Monday 28 September onwards, sanctions for homework not completed, will apply.

We hope that your daughters have all signed up for clubs. Some run at lunch and some after school. Clubs are a wonderful opportunity to learn new things, spend time with students from different classes and different year groups and are a really great opportunity to develop one's world view and personal development.

We hope that your daughters have a restful weekend and we look forward to seeing them back in school on Monday.

Mrs Macallister
Head of Year 7

YEAR 8

Well done Year 8, on completing your second week back at school! It has been a really settled and positive start to the term, and it has been wonderful to see how quickly you have returned to routines and approached the year with such enthusiasm and maturity.

As we continue through Year 8, remember that this is a fantastic opportunity to challenge yourselves, develop your independence and build on everything you achieved in Year 7. Keep striving to do your best in lessons, ask questions, embrace challenges and take pride in your progress.

This week, we launched an exciting range of clubs and activities, both at lunchtime and after school. There is something for everyone, and we would love to see as many of you getting involved as possible. These opportunities are a great way to develop new skills, meet new people and enjoy life beyond the classroom. Keep an eye out for our new club loyalty cards coming your way soon!

It has been lovely to see so many of you making the most of the longer lunchtimes and enjoying time with your friends. However, please remember to stay safe and sensible when outside, particularly when running around the school grounds.

As the term progresses, continue to show kindness, resilience and respect, challenge yourselves in every lesson and get fully involved in all that school life has to offer.

Have a wonderful weekend, and keep up the fantastic start to Year 8!

Ms Brice
Head of Year 8



YEAR 9

It has been a whirlwind start to the term but the students are settling well and enjoying their new GCSE subject choices.

I would be grateful if you could reinforce the idea that the small things matter and that success is not born of one or two grand gestures but of 100s of positive decisions and choices made by our students every day.

Please reinforce the following with your daughters:

- **Uniform Matters:** Arriving in correct uniform demonstrates pride, professionalism and readiness to learn. High standards of presentation help students develop habits that will benefit them throughout school and beyond.
- **Punctuality Counts:** Every minute of learning matters. Arriving on time to school and lessons ensures students are ready to start learning immediately and avoids unnecessary gaps in understanding.
- **Attendance is Vital:** Excellent attendance is one of the strongest indicators of academic success. Students who attend regularly benefit from every lesson, explanation, discussion and opportunity to practise their skills. Missing just one day each fortnight can add up to around four weeks of learning lost over a school year.
- **Be Equipped for Success:** Having the correct equipment every day allows students to engage fully in their learning. A well-organised school bag and planner helps students to be independent and prepared.

Year 9 Information Presentation

Parents and Carers can access the videos by visiting the following page on our website:

[Carshalton High School for Girls - Information](#)

Secondary Transfer Evening

This took place on Thursday night and was the first official duty undertaken by our newly appointed team of Year 9 ambassadors.

Well done to the students listed below:

Heela S, 9Y2	Mel C, 9B3	Grace T, 9B1	Adya M, 9B1	Avani A, 9B1	Paarvana V, 9Y1	Kyla B, 9Y1
Sienna L, 9B1	Gavishana J, 9R1	Libby E, 9R1	Mia T, 9Y1	Jessica-Rose L, 9G1	Lucksha R, 9B1	Lily E, 9G3
Samhita P, 9B3	Hooria S, 9Y1	Sophia E, 9G1	Thanwi P, 9G1	Rhaya K, 9B1	Emily B, 9B3	Jazaba I, 9R2
Chelsea K, 9G1	Shakira U, 9G3	Malaikah N, 9R1	Carys S, 9G1	Eloise G, 9R2	Ruby H, 9G2	Mekavi M, 9Y2
Ruth Y-M, 9G1	Thurkka R, 9R1	Abivarna S, 9R1	Taranee M, 9G3	Elise S, 9B2	Vedha S R, 9G2	Ishika P, 9G1

Thank you for your continued support.

Mrs N Devaney
Head of Year 9

AUDITIONS - WEDNESDAY 22ND SEPTEMBER

PIANO SALON

CONCERT DATE:
THURSDAY 8 OCTOBER 2026, 6.30 PM

Sign up outside J34 for a slot to audition to play in the Piano Salon concert.

- ALL YEARS AND ABILITIES WELCOME
- DUETS WELCOME
- PIECES MUST BE UNDER 5 MINUTES LONG



YEAR 10

It has been lovely to see Year 10 continuing to settle into school during our third week back. Pupils are becoming increasingly familiar with the routines and expectations of Year 10, and we have been really pleased to see so many demonstrating maturity, kindness and responsibility.

A particular highlight this week has been seeing our Year 10 pupils helping our new Year 7 students find their way around school. Their willingness to offer directions, reassurance and encouragement has been a wonderful example of our school values of sisterhood and community in action. We are very proud of the way our Year 10 pupils have looked out for our younger students and helped them to feel welcome and supported.

On Wednesday morning, pupils took part in an SLT assembly focused on the importance of being able to talk about and articulate their learning. We want our pupils to be able to explain what they have learnt in each lesson and, importantly, why they have learnt it. We would really encourage parents and carers to ask their child about their learning at home and give them the opportunity to talk through what they have been learning in school. These conversations are a simple but valuable way of helping pupils to reflect on their learning, make connections and strengthen their understanding.

We would also like to gently remind families about the importance of good attendance. Every day in school brings valuable opportunities to learn, build relationships and develop confidence. This is particularly important in Year 10 as pupils continue with their GCSE courses. Thank you for your support in helping pupils to attend regularly, arrive on time and make the most of every day.

A small reminder too about uniform. We would be grateful if parents and carers could take a moment to check that pupils are coming to school in line with our uniform expectations. In particular, please ensure that hair is kept to natural colours, nails are natural with no acrylic or painted nails, and black shoes are formal school shoes rather than trainers. We really appreciate your support with these small details, which help our pupils to look smart, feel ready for the school day and maintain the high standards we are proud of.

As we move further into the term, we will continue to encourage our Year 10 pupils to show the maturity, independence and kindness expected of them. Whether they are supporting a younger pupil, contributing to our school community, arriving ready to learn, talking confidently about their learning or simply getting the basics right each day, these small actions all contribute to a successful Year 10.

We are very pleased with the positive start the year group has made and it has been wonderful to see them growing in confidence and responsibility already. We look forward to seeing this continue throughout the year.

Thank you, as always, for your continued support. We hope you and your families have a lovely weekend.

Mr Osborne
Head of Year 10

Miss Cardoso
Assistant Head of Year 10



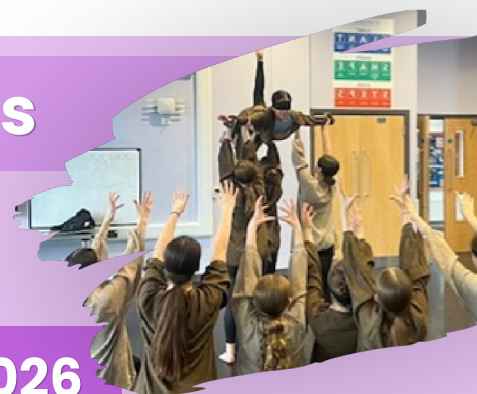
Elite Dance Company Auditions

We are looking for dancers to join our Junior and Senior dance companies!

Monday 28th September 2026

in the sports hall 3-4pm

No need to prepare anything as it will be taught to you. You must be in dance kit.





YEAR 11

Last Friday, Mrs Green and I led an important assembly for Year 11 outlying some key dates for the year ahead, including the upcoming mock examinations, which begin before the half-term break. They emphasised the importance of excellent attendance and punctuality, particularly during this vital GCSE year. We would encourage all students to make the most of every lesson and ensure they arrive at school and to lessons on time, ready to learn.

We would also like to thank all of our students who supported our Secondary Transfer Evening on Thursday. Whether they were acting as tour guides, welcoming families or helping out in departments, their enthusiasm, confidence and maturity were greatly appreciated. They were excellent ambassadors for the school, and we are very proud of the way they represented our community.

Finally, a huge congratulations to our GCSE PE group on completing their cycling trip! They showed fantastic resilience and determination, particularly as they had to contend with some rather rainy weather along the way. Well done to everyone involved for embracing the challenge and demonstrating such a positive attitude throughout.

We are immensely proud of Year 11 for having such a strong start to the year. Keep up the great work!

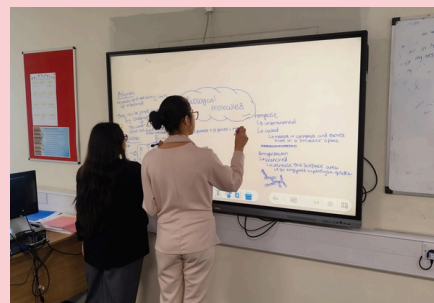
Have a lovely, restful weekend.

Mrs Pearce
Head of Year 11

Miss Nedjai
Assistant Head of Year 11

YEAR 12

Year 12 continue to show their resilience during the settling in phase of joining Sixth Form. We continue to stay focused with the VESPA focus being SYSTEMS. The cohort continue to look at organisation and reflecting in helpful strategies from GCSEs.



A massive thank you to students who have offered to lead clubs such as Make a Movie Club, Crochet Club, Dobble Club and Card Games Club. This is a wonderful way to connect with the rest of school and offering a service within the school community to show sisterhood.

Opportunities have started to fly in for Year 12 to be part of initiatives in and out of school, virtual work experience and lectures, community events and more. Students need to keep checking their emails and the Sixth Form SharePoint page for updates. Secondary Transfer Evening was the first of many community events to be part of - the next one is Macmillan coffee morning, next week Friday 25th September.

A huge well done to Year 12 so far. We are looking forward to celebrating achievements and milestones with each student.

Miss Ishola
Head of Year 12

**YEAR 13**

Year 13 students have now been allocated their UCAS mentors and have begun to arrange their first meeting. Students will work with them to receive feedback and strengthen their personal statements. Our early entry students must submit their UCAS applications by 15th October 2026, while we are aiming for all other applications to be submitted by 16th December 2026.

Preparations have also begun for the first round of autumn mock examinations. Over the coming weeks, we will be focusing on building motivation, using study time effectively and developing more effective revision strategies to help students feel prepared and confident.

It is encouraging to see Year 13 beginning to take ownership of these important next steps, and we will continue to support them throughout this busy period. Thank you for your continued support.

Miss Robinson
Head of Year 13

CHSG SAFEGUARDING

We hope all our students and families have had a safe and enjoyable summer. As we begin the new academic year, we would like to remind parents and carers that safeguarding and the wellbeing of our students remain at the heart of everything we do at CHSG.

Our Safeguarding Team is here to support students and families whenever there is a concern about a young person's safety. Our team consists of our Designated Safeguarding Lead (DSL), Miss Holmes, and our two Deputy Designated Safeguarding Leads (DDSLs) Mrs Newman and Mrs Simmonds. Students can also speak to their Head of Year, form tutor or any trusted member of staff if something is worrying them.

Safeguarding covers a wide range of issues, including concerns about a young person's lived experience, exploitation, online safety, abuse or difficulties at home. We work closely with a range of services and agencies to help identify support and ensure high quality referrals are made to the appropriate services.

We encourage parents and carers to share concerns with us early, even if you are unsure whether something is a safeguarding matter. Small pieces of information can sometimes help us understand a much bigger picture and ensure that the right support is put in place.

Similarly, we regularly remind students that they do not need to have proof or be certain that something is wrong before speaking to an adult. If something is worrying them, we want them to tell someone. Students learn about safeguarding and how to keep safe through a range of topics as part of the PD programme in the morning CARES sessions.

We look forward to working in partnership with our families throughout the year to help keep every student safe, supported and able to thrive.



Curriculum Focus: History



All year groups here at CHSG have made an excellent start to the new academic year with their History studies. At Key Stage Three, Year 7 students have shown great enthusiasm towards their new thematic study of change over time within the city of London, beginning with a look at the impact of Boudica's rebellion on Roman Londinium. Year 8 classes are currently learning about the Tudor dynasty during the Reformation, considering how religion changed under the rule of famous monarchs including Henry VIII, Mary I and Elizabeth I.

At Key Stage Four, Year 9 students have begun their GCSE studies by starting to investigate the causes of the early Cold War. Year 10 students are taking this further by exploring the crises which took place during the most tense period of the Cold War in the 1960s, including significant events such as the Cuban Missile Crisis. Meanwhile, Year 11 students have been continuing their historical depth study on Queen Elizabeth I, with a current focus on how she successfully overcame the challenges she faced both at home and abroad during the years 1569-88. This enquiry builds on the unit of work they recently completed on the problems Elizabeth faced upon her accession to the throne in 1558.

The History Department is delighted to welcome its new cohort of Year 12 historians as they embark on their study of the early Tudors, the Russian revolutions and Civil Rights in the USA. They have already made an excellent start in lessons, radiating enthusiasm for their new areas of study. Meanwhile, Year 13 continue to hone their exam technique and expand their knowledge, including their understanding of the Bolshevik consolidation of power after 1917.

Beyond the curriculum, we have also been delighted by the fantastic start made by our History podcasters as part of our department's extra-curricular offering. Students are required to research, script and deliver podcast recordings in small groups on historical topics of their choosing, which are then brought together to produce regular episodes for our History podcast. The quality of these episodes continues to be excellent and we are looking forward to seeing the students engage further with their passion for History during the coming year. These episodes are all available on our YouTube channel, so please do have a listen when you get chance! Students from all year groups are welcome to attend and we are located in B20 every Wednesday after school.

TOP SECRET

COLD WAR CODE BREAKER CHALLENGE

DECODE :: THINK :: UNCOVER THE TRUTH

The world is on edge. Tensions between the USA and USSR are rising, and vital information is being passed in secret.

We need your skills.

Can you crack the code and uncover the message?

U-2 FLIGHT 104 MAY 1960

TO START, COLLECT THE CODE FROM THE MAIN OFFICE / RECEPTION.

ONLY OPEN TO YEARS 9 AND UPWARDS

THE MISSION

Decipher a short coded message linked to the U-2 spy plane, the 1960 summit tensions and the growing conflict between the USA and USSR.

IT WON'T BE EASY... BUT THAT'S WHY YOU'RE HERE.

DEADLINE

Completed entries must be handed in to your History teacher by

30TH OCTOBER

Don't miss your chance to make a difference.

WHO CAN ENTER?

Open to Years 9 and upwards

AGENTS OF CHANGE NEEDED.

THE REWARDS

1st person to hand in a correct entry gets a

£15 AMAZON VOUCHER

Two others will be picked from a draw to win

£10 AMAZON VOUCHER

THE COLD WAR WASN'T JUST FOUGHT WITH WEAPONS... IT WAS FOUGHT WITH INFORMATION.

GOOD LUCK, AGENT.



Education Wellbeing Service Webinar



Education
Wellbeing
Service

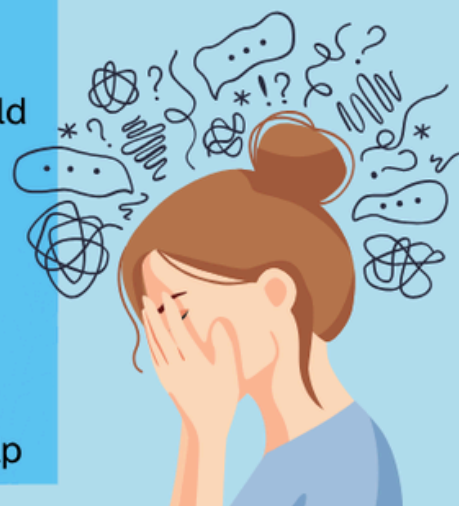
Mental Health During the Teenage Years

An introduction and Overview

A one-hour online webinar introducing and providing an overview of mental health and wellbeing in teenagers, with practical ideas for parents and carers.

The session will cover topics including:

- What is mental health and being a teenager in today's world
 - Supporting wellbeing during the teenage years – what research tells us
- Introducing a way of thinking about teenage wellbeing – the 'three areas' model
 - Responding to teenagers and communication tips
- Problem solving challenging situations and options for help



DATE / TIME

Monday 21st September
12.30-1.30pm



Scan the
QR code
or
[click here](#)

LOCATION

Online – Hosted on Teams

Sign up to either event
for free on Eventbrite
by scanning the QR Code.

You can also check out
our other events by
[clicking here](#)

wellbeinginschoolsevents@swlstg.nhs.uk

DATE / TIME

Wednesday 30th September
7.00-8.00pm



Scan the
QR code
or
[click here](#)

Parent/Carer Webinars

Secondary Schedule 26/27

To view further event details and descriptions, and to book on to any of the webinars, please scan the QR Code or follow the link to our Eventbrite collection. [Click here](#)



Mental Health during the teenage years

Understanding and supporting teen sleep

Supporting your teen to cope with exams (Years 11-13)

Screen time, social media and gaming - what parents need to know

Conflict, communication and compromise - the teen years

Healthy habits in teenagers with Autism

Managing exam and assignment stress (Years 7-10)

We also provide free 1:1 early help support programmes for young people to support with anxiety or low mood. Speak to your school to find out more.