



Carshalton High School for Girls

NEWSLETTER

FRIDAY 2 OCTOBER 2026

Dates for your diary

Week B

06.10.26 - Careers trip to KPMG

07.10.26 - Senior maths challenge

08.10.26 - Piano Salon

08.10.26 - Kings Trust trip to Sky studios

08.10.26 - Year 12 careers trip to TripAdvisor HQ

09.10.26 - Student flu vaccinations

Week A

12.10.26 - Year 11 exams begin

13.10.26 - Sixth form Geography trip

15.10.26 - Year 13 Martin Guerre trip



Welcome

It has been a fantastic week across the school, with our students continuing to embrace opportunities to learn, contribute and challenge themselves both inside and outside the classroom.

We are particularly excited to be celebrating Black History Month 2026, this year centred around the theme "Honouring our Communities." Throughout the month, students will have opportunities to explore and celebrate the rich contributions, histories and achievements of Black communities, both locally and globally and we are delighted to welcome in four key individuals from our local community to talk to students. Each tutor group has also nominated their CORE (Carshalton's Organisation for Racial Equality) Rep as well as selecting their tutor group hero, which will be presented on tutor noticeboards. We look forward to sharing some of these heroes with you in later editions and to highlight the inspiring and ongoing work of CORE as the months progress.

Last week, our community also came together wonderfully for the Macmillan Coffee Morning, raising an impressive £467.44 for this important charity. A huge thank you to our students, staff and families for their generosity, enthusiasm and support. It was a lovely example of our school community working together to make a positive difference.

This week also sees the exciting launch of our National Poetry Competition, giving students the opportunity to showcase their creativity, imagination and individual voices. We are looking forward to seeing the fantastic work our young people produce and celebrating their talents.

Our careers programme is also going from strength to strength. Students recently enjoyed an inspiring visit to BT, gaining valuable insight into the world of work and the wide range of careers available within a major organisation. Some Year 13 students participated in an engineering workshop provided by Rolls Royce SMR and Hajetha and Siyona, two Year 13s in attendance said this: "Last Thursday we had the great opportunity to receive a workshop provided by Rolls Royce SMR. The workshop consisted of details of a career in civil engineering as well as the significance of women in STEM careers. During the workshop we participated in a building exercise where we attempted to build a two-storey building resistant to Earthquakes and it was fun watching our buildings being tested, even some succeeding! We found this experience extremely insightful and informative, as it showed us the vast opportunities in STEM and within Rolls Royce SMR, even without needing an

Carshalton High School for Girls presents

PIANO SALON

THURSDAY 8 OCTOBER 2026, 6.30 PM

Tickets are £3 available on Arbor or on the door





engineering degree." Next week, we are delighted to be taking students to the KPMG offices and to the Trip Advisor headquarters, where they will have another fantastic opportunity to learn about different career pathways, develop their aspirations and experience the professional world first-hand.

There is clearly a great deal happening across the school, and we are incredibly proud of the enthusiasm with which our students continue to get involved, particularly in the impressive attendance at our various clubs. Thank you, as always, to our families for your continued support in helping us provide such a rich and varied experience for every young person.

Homework

All our homework is now set on Arbor and students can track their 'to-do' list via the Arbor site. Teachers must select 'submit via Arbor' in order for students to check the homework off their list, otherwise the activity stays forever. This does not mean that the homework must be submitted via Arbor as most departments have homework booklets for students to complete their homework in that will be handed to the teacher during lesson time. If your daughter has any ongoing issues with Arbor, such as an inability to log in then please do ask her to speak to her tutor or Head of Year about this.

Mrs Durrett
Assistant Headteacher

Reporting Absence

All absences, including lateness, dental or medical appointments should be reported to the school by the parent/carer with supporting evidence, for example a letter of appointment or prescription. We ask that appointments are made outside school hours when possible.

To report an absence:

Via the Arbor Parent app on each day of absence

Telephone: 020 8647 8294 and select option 1 for attendance, including appointments and lateness. Please leave a voicemail if the Attendance Officer is busy.

Please be aware notifying the school does not automatically mean absence from will be authorised. For more information and advice about attendance please visit our website [Carshalton High School for Girls - Attendance & Punctuality](#)

Elite Auditions - What an Amazing Turnout!

A huge well done to all 106 students who auditioned for our Elite teams! We were absolutely blown away by the incredible turnout and the enthusiasm, energy and talent shown throughout the auditions. It was fantastic to see so many students stepping outside their comfort zones, performing with confidence and sharing their passion for dance.

A massive congratulations to everyone who auditioned. We know how much courage it takes to perform in front of others, and every single one of you should be incredibly proud of yourselves.

We are now looking forward to welcoming some of you into the Elite Juniors & Seniors team and cannot wait to see what you achieve!

For those who were not offered a place this time, thank you so much for auditioning. Not getting a place does not take away from the effort, talent and enthusiasm you showed. We have lots of other opportunities to get involved in dance at school, including Step Into Dance and our Hip Hop club on Thursdays.

Keep dancing, keep performing and, most importantly, keep believing in yourselves! Well done, everyone — you were amazing!





Just when we thought summer had ended, we experienced a wonderful mini 'return' of some warm days. Utterly delightful. I have enjoyed seeing your daughters sitting together on benches, chatting with their friends, reading and just enjoying the togetherness and sisterhood that epitomises CHSG.

I have also reminded our young people to ensure they apply anti-perspirant at home and while at school. Please have a conversation with your daughter, and consider purchasing deodorant or anti-perspirant for her if she doesn't have any yet. With blazers and jumpers on, and as they enter adolescence, it's common for them to feel a bit sweaty.

Clubs have been so well attended and I have already given out several 'queue jump' passes, which are exactly what they say on the tin: students in possession of this pass get to go to the front of the canteen queue for two days at lunch and break. My goodness, it is a coveted reward. There are also auditions for musical performances - I believe the next is a piano salon and there are competitions running currently - an example being the writing of a book review for Black History Month, which might make it to the display in the Library. All around the school on our electronic boards and other spaces, are opportunities to learn more, to connect, to belong.

A reminder, from the Year Team, when you call the school or write to the school: please do contact the Tutor in the first instance. It is the quickest way to get to the heart of the issues you may have and our Tutors are always the first port of call from parents as they know your daughters best, interacting with them all every day. I enclose the list again of the Tutors' e-mail addresses. As always, once parents have spoken with the Tutor, the Year team may become involved, depending on the issue.

You may receive a phone call from your daughter's Tutor if she is absent from school. These First Day Absence Calls are intended to let students know that they are missed, valued, and an important part of our school community. They also help us check that we are aware of the reason for an absence and identify any support that may be needed if there are barriers to attending school.

Please be assured that the Year Team monitors every absence closely and works alongside Tutors to maintain oversight of attendance concerns and any wider issues affecting students. We are grateful when parents share relevant information with us, as this enables us to work together to provide the right support for your daughter and help her thrive both in and out of school.

E-mail addresses:

7S1 - Miss L Nelson lnelson@carshaltongirls.org.uk

7S2 - Miss R Nasir rnasir@carshaltongirls.org.uk

7G1 - Miss H Kirby-Smith hkirby-smith@carshaltongirls.org.uk

7G2 - Mr A Jeyasothy ajeyasothy@carshaltongirls.org.uk

7C1 - Ms E Camiah (Ms P Antrica Freitas) ecamiah@carshaltongirls.org.uk

7C2 - Miss M Mohanarajan mmohanarajan@carshaltongirls.org.uk

7H1 - Miss B Omar bomar@carshaltongirls.org.uk

7H2 - Mr T Treagust ttreagust@carshaltongirls.org.uk

7H3 - Ms E Punwasee epunwasee@carshaltongirls.org.uk

We have two weeks until half-term. This half-term has gone so quickly. Mrs Edwards (Our Assistant Head of Year) and I remain so very proud of your daughters as we know what a change Secondary School is from what they have been used to. We have been supporting several young students who have found the change to secondary school a little challenging and we thank you for working with us on this.

I leave you with one of my favourite quotes from Marcel Proust: 'The real voyage of discovery lies not in seeking new landscapes, but in seeing with new eyes.' I hope that your daughters, as they are growing and maturing and taking on everything wonderful that CHSG has to offer, develop habits and interests and friendship groups that grow with them. They have started so very well.

Mrs Macallister
Head of Year 7



It has been wonderful to see Year 8 continuing to settle into the new academic year and making a positive start to their second year at CHSG. We are incredibly proud of the way they are building in confidence, independence and maturity.

Over the past few weeks, we have seen many examples of the students demonstrating our school values through their approach to learning, their relationships with peers and their contributions to the wider school community. It is particularly pleasing to see students taking accountability for their organisation, behaviour, learning and progress.

As we continue our journey in Year 8, we encourage students to continue challenging themselves, making positive choices and supporting those around them. Everyone has the opportunity to make a difference, whether through their learning, their friendships, extracurricular activities or their contribution to school life.

As we enter October, we begin our recognition of Black History Month, an important opportunity for our students to learn about, and to celebrate the history, achievements, experiences and contributions of Black people in Britain and around the world.

The theme for Black History Month 2026 is "Honouring Our Communities." This year's theme encourages us to recognise the people who help to shape, support and strengthen our communities through their everyday contributions, leadership, creativity, service and commitment.

Throughout the month, students will have opportunities to explore a range of Black histories and experiences through lessons, discussions and activities.

On a safety note please can we remind parents to be aware of where they are parking/stopping to drop off and pick up their children. There have been a few incidents recently where students have been getting in and out of cars in the road.

Also, please remind your children to use the crossings when crossing the road. Again we have had some incidents this week with students just crossing the road and walking in between the cars on the busy main road outside of school.

Shout Outs!

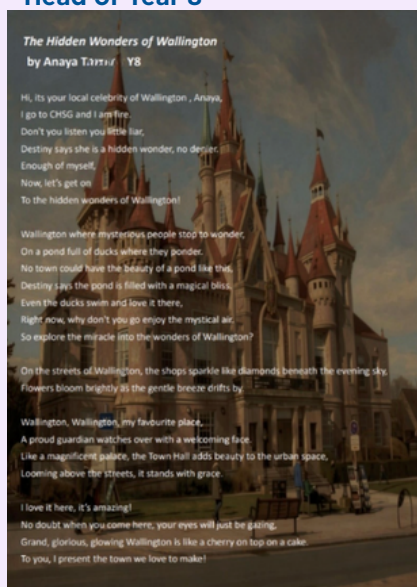
We are so proud to share that two of our students Anaya and Vera had their poems published in a virtual poetry anthology celebrating international poetry day. You can read their poems below.



Last week Sofia was awarded "the yellow ball champion" in the *David Lloyd Purely Junior Club Championships 2026*.

Finally we would like to congratulate Year 8 on the progress they have made so far this year and look forward to celebrating many more successes throughout the year. Keep up the excellent work, Year 8!

Ms Brice Head of Year 8





Careers visit to the BT Headquarters in London

Last Friday I was fortunate to attend a Year 9 careers trip to BT headquarters in Aldgate East with Mrs Hrouda, Miss Foulton and Mr O'Sullivan. 40 Year 9 students had secured their place on this trip. The day focused on the skills required in the workplace to ensure that one is "Work Ready". The workshop was led by members of staff from across both BT and The Metropolitan Police. We discussed various types of skills, both ICT skills and more human skills like Communication, Oracy and Team Work; all skills which are attractive to employers.

We spent some time being amazed by the new technologies available to BT including drones and the ability to transport people from one place to another and enable them to become suddenly fluent in a number of languages with the use of AI. Well done to Shakira U 9G3 for volunteering to try this fantastic piece of technology out for us all.



We also learned a lot about cyber security and actually how open to an attack by hacking we all are if we use easy to guess passwords; a triad of random words was suggested as the best example of a more secure password. The event organisers could not speak highly enough of our students who participated, listened well and were respectful all day. Well done, we continue to be proud of you.

"The BT trip was an amazing experience where we did lessons on crucial life lessons in one of London's finest building towers. With the view of the Shard and much more it truly was an amazing day."

From Lillian 9S3

"I really enjoyed this trip. I learnt lots of stuff about technology and jobs, learning what skills you need in the work place. It was very interesting and I would love to go back again"

From Emily Rose 9S3

"Our BT trip to London was really interesting and helped me learn about all types of technology and different careers. I enjoyed the experience and it gave me a better idea of the opportunities available in the future. It was a really great time."

From Taranee M 9G3

Student Shout Outs

Esmé VDH 9S1 Artistic Gymnastics

Well done to Esmé who out of 12 competitors for her age group 13-14 she came 1st overall in the London Region for artistic gymnastics, she won a medal for;

1st on floor routine

2nd on Vault and Bars

3rd on Beam

A fantastic achievement!

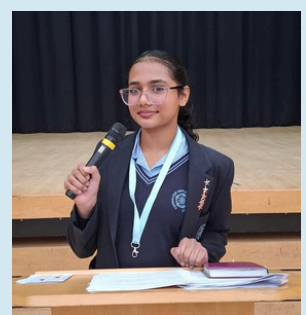


Celebrating Oracy

Well done to Theertha P 9H2 who addressed our Year 9 assembly this week to deliver a heartfelt plea on the Climate Change and the damage that is being done every day to our environment. Theertha spoke articulately with great feeling and confidence. Her speech was well researched and expertly delivered.

Thank you as always

Mrs N Devaney
Head of Year 9



**YEAR 10**

It has been another positive week for Year 10, and we have continued to be impressed by the way pupils are settling into the expectations and routines of this important year. As the term progresses, we are seeing increasing confidence and independence, with many pupils demonstrating a mature and positive approach to both their learning and their wider school responsibilities.

This week, we have been encouraging pupils to think carefully about the importance of being organised and developing effective habits as they progress through their GCSE courses. Year 10 is an important stage in their education, and the habits they develop now can make a significant difference as the demands of their subjects increase. We have been reminding pupils about the importance of keeping up with homework and revision, bringing the correct equipment to lessons and making good use of their time both in and outside the classroom.

We would like to congratulate all of the Year 10 pupils who have put themselves forward for one of our leadership opportunities. It has been fantastic to see so many pupils willing to step outside their comfort zone and take on greater responsibility within the school community. Applications have been received for Student Council, Student Parliament, Kindness Ambassadors, House Captains and CORE Representatives. These roles provide pupils with a valuable opportunity to have their voices heard, represent their peers, support positive relationships, promote inclusivity and help shape the wider school community. Whether they are successful in securing a particular position or not, we are very proud of every pupil who had the confidence to put themselves forward and demonstrate a willingness to contribute. We look forward to seeing the positive impact our new student leaders will have over the coming year.

We would also like to highlight the positive start Year 10 have made in English with Mrs Kenny. Mrs Kenny has been particularly impressed with the attitude and engagement of the pupils in her classes and has commented on the positive way they have approached their learning so far this year. It has been lovely to see pupils participating in lessons, contributing their ideas and demonstrating a willingness to challenge themselves. Their positive start has provided a strong foundation for the year ahead, and we hope they will continue to show the same enthusiasm and commitment as they progress through their GCSE studies.

As we move further into the term, we will continue to encourage Year 10 to make the most of every opportunity available to them. Their GCSE journey is well underway, and the effort, organisation and attitude they demonstrate now will help to lay strong foundations for the year ahead.

Thank you, as always, for your continued support in helping our pupils to remain organised, focused and positive. We are very proud of the progress Year 10 is making and look forward to seeing them continue to grow in confidence and independence.

We hope you and your families have a lovely weekend.

Mr Osborne
Head of Year 10

Miss Cardoso
Assistant Head of Year 10



Carshalton High School for Girls

SIXTH FORM

Open Evening

Wednesday 11th November 2026
5.00pm to 7.00pm





We hope you have had a good week.

As we move further into the academic year, we would like to remind students to regularly check the open evenings available at local colleges and sixth forms. These events are an important opportunity for students to find out more about their post-16 options. Ms Nedjai has emailed students a PowerPoint containing key dates and information, so please encourage students to look through this and make a note of any relevant open evenings.

Students have also received a few emails in recent days containing some exciting opportunities and information:

- Palace for Life Post-16 Football and Education Programme – students have been sent information about this opportunity for those who may be interested in combining football with their post-16 education.
- Leavers' Hoodies and/or Yearbook – students have been sent a form to complete regarding the exciting opportunity to order a Year 11 leavers' hoodie and/or yearbook.

The current Year 11 Roadmap indicates that our Prom is planned for 1st July. While we are aiming for this date, please be aware that it is currently subject to change. We will communicate any confirmed updates to students and parents as soon as we are able to.

We hope you have a lovely weekend and get the chance to have some well-deserved rest!

Mrs Pearce
Head of Year 11

Miss Nedjai
Assistant Head of Year 11

Volleyball Club

It was so lovely to see some of our Year 10 and 11 students at lunchtime Volleyball Club this week, putting into practice and showing off the skills they have been developing in their lessons. The club is a fun and engaging opportunity for students of all abilities to come along, practice, and take part in a variety of drills before getting involved in some exciting game play. It was fantastic to see the sisterhood, teamwork, and communications skills that students applied in their game today, and they were so supportive of one another.

Just a reminder: Volleyball Club takes place Thursday at lunchtime in week A and is open to students in Years 9-11. We would love to see even more students come along and get involved in some exciting drills and game play!



**YEAR 12**

Year 12 have been busy getting their Student Leadership applications completed and submitted. We have seen many students taking up the challenge to put themselves forward for various roles and come out of their comfort zones. Wishing all applicants the very best as decisions are made and will be announced next week.

Assessment periods are now fully in motion. Students are set tasks and questions by teachers to build up their writing stamina, work on mastering skills required in exams and to help with retrieval of taught content. The assessment periods are compulsory, in order for staff to be able to provide regular feedback to inform student progress and attainment.

Staff and students continue to comment on the excellent work ethic being shown by Year 12. We have been focusing on organisation and shared the ABCD model with students during tutor time. This model gets students to consider upcoming activities and how best to pack their bag and prioritise tasks from getting out of control; essentially, having a to-do list that works for them is the main outcome, whether electronic or paper copy, students are encouraged to keep track of their workload and reach out for further support when needed.

It has been lovely to see students utilising their free periods to also bond with peers over shared interests; from table tennis tournaments to card games in the common room, students are finding their balance and getting to grips with managing their time effectively.

Do keep taking an interest by asking about content taught, as well as monitoring wellbeing.

It is not late to be a Parent Rep for our Year 12 cohort. If you are interested, please do get in contact.

Wishing you all a pleasant weekend. Thank you for your continual support.

Miss Ishola
Head of Year 12

YEAR 13

Year 13 students have continued to make good progress with their UCAS applications, arranging meetings with their allocated mentors to review, edit and strengthen their applications. It has been encouraging to see students taking ownership of the process and responding positively to feedback.

We remain on track to meet our UCAS submission deadlines, with students continuing to work towards submitting their applications in good time.

This week's ACU session focused on using comparison in a positive way and unpicking some of the unproductive habits students have developed as learners. Students explored the importance of occasionally 'looking back' at their own journey, recognising how far they have come and reflecting on challenges they have already overcome. This can be particularly valuable during times when motivation is low or they are feeling a little deflated.

We also introduced the idea of 'checking ahead' - taking time to consider the challenges and demands that are coming our way, rather than allowing them to catch us by surprise. By looking both backwards at our progress and forwards at what lies ahead, students can develop a more realistic and positive approach to managing challenges.

Thank you as always for the continued support.

Miss Robinson
Head of Year 13



Curriculum Focus: Geography

Year 7

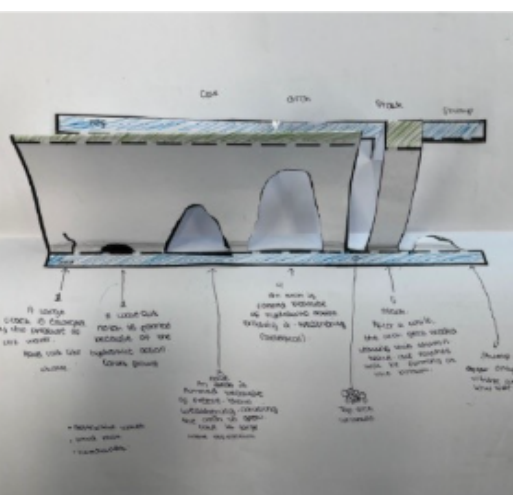
Over this half term, year 7 have been extending their knowledge of key geographical skills and concepts. For example, year 7 have been practising using scale lines and coordinates when reading maps. Year 7 have also enjoyed discussing challenging ideas, such as 'what would happen if we had no agreed system of lines of latitude and longitude?'

Year 8

Over the past few weeks, year 8 have been learning about development and economic activity across the world. The students have enquired how we can measure development in different countries and the associated benefits/challenges of this. This topic will lead the students to think about the importance of sustainable development.

Year 9

This half term has been the start of the GCSE Geography course for year 9. Year 9 have been enjoying learning about the importance of coastal landscapes and why we need to protect these. In the images, year 9 students enjoyed applying their knowledge of key terms and sequencing to their own pop-up headlands.





CHSG Attendance Matters

Colds, Flu and Knowing When to Stay Home



We have been really pleased with the positive start to attendance this academic year and would like to thank parents and carers for their continued support in helping students attend school regularly and on time. Strong attendance from the very beginning of the year helps students establish good routines, stay connected with their learning and friendships, and make the most of every opportunity at school.

As we move into the colder months, coughs, colds and seasonal illnesses inevitably become more common. We know it can sometimes be difficult for parents and carers to decide: is my child too unwell for school?

The NHS provides helpful guidance to support families in making this decision. Importantly, a minor cough, runny nose, sore throat or headache does not mean that a child needs to stay at home. If your child is otherwise well and does not have a high temperature, NHS advice is that they can continue to attend school.

Children should stay at home if they have a high temperature, if they are vomiting and/or have diarrhoea. Children should remain away from school until they have been free from sickness or diarrhoea for at least 24 hours. Regular attendance really matters. Missing occasional days for genuine illness is sometimes unavoidable, but unnecessary absence can quickly add up and means missed learning, disrupted routines and time away from friends and the wider school community.

As we head into cold and flu season, we therefore ask families to use the NHS guidance when deciding whether their child needs to remain at home. If they are well enough to attend, even with a mild cough or cold, we would encourage them to come into school. You can send them in with medication to hand in at the office should they need it during the day. Please complete the medication form on the next page.

The NHS ["Is my child too ill for school?"](#) guidance provides straightforward advice covering coughs and colds, high temperatures, sore throats, ear infections, chickenpox, vomiting and diarrhoea and a range of other common illnesses.

If your child does need to stay at home, please remember to report their absence on the Arbor app providing a full reason for their absence.



ADMINISTRATION OF MEDICINE IN SCHOOL

No medication, including painkillers, can be administered to your daughter before this form is completed and returned to the School Office with medicine

Student's Name:	Tutor Group:
------------------------	---------------------

PRO FORMA:

I, _____ Parent / Guardian of the above student would like medication administered to my daughter.

☐

I give permission for this medication to be administered to my daughter

☐

I understand and accept that this is a service which the school is not obliged to undertake

Signed: _____ (Parent/Guardian) Date: _____

CONDITION OR ILLNESS THAT WILL BE MEDICATED

If your daughter's medical condition changes would you please inform us in writing immediately.

☐ Please tick here if you are providing pain relief medication (eg. paracetamol) for **general pain relief**

MEDICATION:

Name / Type of medication:

How long will your daughter take this medication?

Date provided to School Office:

DIRECTIONS FOR USE:

Dosage:

Timing:

Special Precautions:

Side Effects: