



Carshalton High School for Girls

NEWSLETTER

FRIDAY 16 OCTOBER 2026

Dates for your diary

Week B

02.11.26 - Back to school, normal time

04.11.26 - Year 7 art trip 1

05.11.26 - PD day

Week A

10.11.26 - Year 11 Careers morning

11.11.26 - Sixth Form Open Evening

12.11.26 - Late start for all students, registration at 9.35am, gates open at 9.15am

13.11.26 - Year 7 Samba workshop

Welcome

As we approach half term, this week's safeguarding assembly explored the theme of personal safety, boundaries and respect in our local community. Focusing on everyday experiences in Sutton, Carshalton, Wallington and the surrounding areas, students considered how to recognise when a situation feels unsafe, respond to unwanted behaviour and access support.

The assembly included a focus on violence against women and girls, helping students recognise harassment and controlling behaviour in public spaces, online and within relationships. We reinforced that unwanted attention is not a compliment, that everyone's boundaries deserve respect, and that responsibility for harm always lies with the person causing it. Through scenarios and reflection, students considered how to support a friend, move towards safety and speak to a trusted adult.

Our aim was to build confidence and awareness. Most journeys and everyday interactions are safe, but knowing what to do when something feels wrong can make a difference. Students were reminded that school staff can help with concerns arising outside school, including online or during the holidays. We also highlighted support available through Childline and Victim Support. We encourage parents and carers to continue these conversations at home, discussing safe journeys, respectful relationships and who their child could turn to for help.

We were delighted to welcome Brian from the Duffus Community Foundation and Jeremie from the Wallington SDA Hub to our school as part of our Black History Month celebrations. Both guests delivered fantastic talks about their organisations, shared their experiences and thoughtfully answered our students' questions. Our students gained so much from hearing their stories, and there was a real buzz of excitement and discussion afterwards. It was a wonderful opportunity to honour our local community, celebrate the contributions of those around us and inspire our students through meaningful connections with local role models.



This week was also our Wear it Pink event on Friday 16 October, raising awareness of breast cancer. Students in Years 7-11 were invited to wear a pink accessory, while sixth-form students and staff joined in with an item of pink clothing.

Thank you for your continued support throughout this first half term. We wish all our students, families and staff a restful, enjoyable and safe half-term break. Whether spending time locally, travelling or catching up with friends, we hope everyone returns feeling refreshed and ready for the weeks ahead.

Miss Holmes
Director of Safeguarding and Attendance Lead





CHSG HALF TERM HOUSE COMPETITIONS

Find out more about each competition and find the links to enter on our website:

www.chsg.org.uk/half-term-house-comps-2026

HALLOWEEN COMPETITIONS



Diwali Competitions



DÍA DE LOS MUERTOS/ DAY OF THE DEAD COMPETITIONS



★ Notices

Meet the Tutor Evening

On Thursday 19th November, we will be holding our first Meet the Tutor Evening. This will provide an opportunity for you to meet individually with your child's form tutor to discuss her progress, involvement in school life and wellbeing.

There will also be an opportunity to meet informally with members of the Senior Leadership Team. Appointments can be booked through the Parents' Evening booking system on the school website from 6pm on Friday 16th October.

[Carshalton High School for Girls - Parents' Evening](#)

We look forward to welcoming you.

Uniform

As the colder weather draws in, we would like to remind parents and carers to familiarise themselves with the school's uniform requirements before purchasing any new items.

In particular, please remember that coats and scarves must be plain navy or black, and white socks must not be worn over black tights.

Full details of our uniform expectations can be found on the school website: [Carshalton High School for Girls - Uniform](#)

Parking and driving around the school

Please can we remind parents and carers when dropping off and picking up to be respectful of our neighbours and avoid parking across driveways.

We encourage you to drop your child in one of the quieter local roads for her to walk the last few minutes to school.

WEAR IT
PINK

BREAST
CANCER
NOW
The research &
support charity

Friday 16th
October

If you forgot your donations today, there's still time to
donate on the Arbor Parent Portal.

Let's see which House can raise the most money!

#WearItPink



YEAR 7

As I drove to work this morning, I noticed the leaves changing colour, with a bit of a breeze in the autumn chill and a child walking to school with his dog and parent. The scene was beautiful, as I was listening to piano music. I was reminded with that beauty, of seasons in nature and journeys and how everything has its time and place. These little changes can be very good for our soul. So too, are the seasons we all live through, whether as parents or children. We don't need perfection; we just need to show up and keep trying and do our best.

In this week's assembly, I talked about the importance of seeing each half-term like a journey. I used the analogy of a bus. I mentioned how sometimes, we can get on the incorrect bus and we might need to correct our error; How being considerate to other passengers and watching our language and behaviour are important. I explained that we will need to think of planning for our journey well too. If we are prepared, if we check where we are going, if we are polite and respect our fellow passengers, the journey is that much more pleasant, that much more effortless.

So too, is the School journey - and by that, I don't mean the daily commute. I mean, the secondary school journey from Year 7 to Year 11 and beyond. I reiterated the importance of packing bags, ensuring workbooks are in the backpack, that homework has been done. I mentioned again, being kind and that there is no place for unkindness, gossip, creating drama or making life difficult at CHSG, or in life. Friendships will fade and new ones will develop and we are here to help all our students navigate the complexities of forming and ending friendships, and choosing new ones, while living through adolescence and taking hold of the various opportunities that our wonderful school has on offer.

We have had one full half-term and I am so very proud of your daughters. They have acquitted themselves well and should be justifiably proud of how far they have come in such a short while. You will have already received information about Year 7 exams and, in time, you will receive information regarding the Meet the Tutors evening on the 19th November. Please do save the date: information will be shared with you in due course about the Tutor evening. We hope to see as many of you as possible.

I wish you safe travels if you are going anywhere this half-term. If not, I hope you and your daughters have some good family time at home and opportunities to have a different change of pace.

Mrs Macallister
Head of Year 7

YEAR 8

As we reach the end of our first half term, I would like to take this opportunity to congratulate Year 8 on their efforts, achievements and contributions to school life. It has been a positive start to the academic year, and I am pleased to see so many students settling into their daily school routines, demonstrating resilience and embracing all the opportunities available to them.

Throughout this half term, students have continued to develop their independence, build positive relationships and demonstrate our school values. We have encouraged everyone to take pride in their achievements, reflect on their progress and consider how they can continue to improve in the weeks ahead.

As we move towards the half-term break, I would like to remind students of the importance in making positive choices, treating others with kindness and respect, not "gossiping" and maintaining high standards of behaviour both in and out of the classroom.

The break provides a valuable opportunity for students to rest, spend time with family and friends, and return to school refreshed and ready for the next half term. Please also encourage your child to maintain a sensible routine and complete any homework that has been set.

Thank you to parents and carers for your continued support throughout the first half term. The partnership between home and school plays an important role in helping our students achieve their full potential. I wish all Year 8 students and their families a restful and enjoyable half-term break. I look forward to welcoming everyone back for another successful half term, full of new opportunities, positive experiences and continued progress.

Have a wonderful half-term break!

Ms Brice
Head of Year 8



Year 9 Kings Trust trip

Year 9s Kings Trust students visited Sky Studios Elstree last week. The students were very excited beforehand and made a great film plot. When we got to Sky Studios we were given a tour and saw props from Wicked and Jurassic Park.

Then we got the chance to be in a visual recording studio. This included props and costumes that we could use and set our own backgrounds to fit with the film the students had made.

The last part of the day involved learning about some of the careers that go into making a film. We learnt about all the different careers that people often overlook such as the media manager; who decides which films actually get made, to art departments making all the props needed for the set.

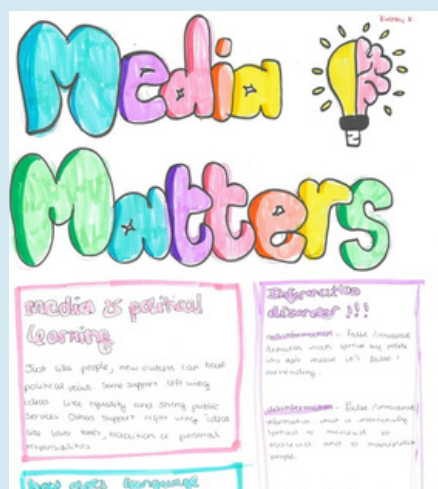
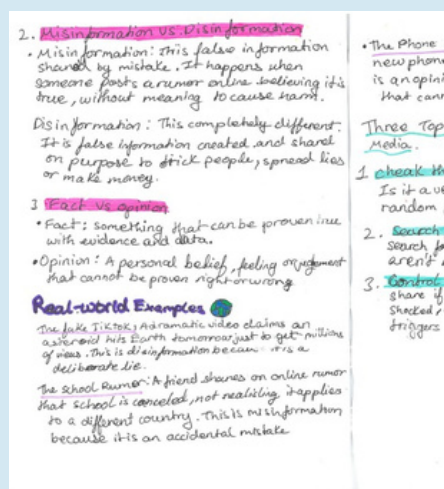
A great time was had by the students (and teachers).



Year 9 Citizenship

Miss Cardosa is extremely proud of the hard work and excellent effort that her class is putting into their Citizenship work.

She has shared some examples of the outstanding work completed by 3 of her students. Well done to Kushbu K 9S2, Keerthanaa M 9S1, Hasini S 9S3 for producing this wonderful work.



China Trip

Bon Voyage to the staff and students heading to China for Half Term; what an amazing opportunity.

Have a restful half-term Break

Mrs N Devaney
Head of Year 9

**YEAR 10**

As we reach the end of the first half-term of the academic year, we are proud of the positive behaviour and conduct demonstrated by many pupils across Year 10. We have been pleased to see pupils showing respect towards staff and their peers, taking responsibility for their learning and contributing to a positive school environment. We are particularly keen to see these standards continue as pupils progress through their GCSE courses, recognising that good behaviour, a positive attitude and consistent effort are essential foundations for success. We encourage all pupils to reflect on the choices they have made this term and to consider how they can continue to demonstrate our school values in the half-term ahead.

As we head into the half-term break, we would encourage all pupils to make time for rest and relaxation while also using some of the holiday to consolidate their learning. Year 10 is an important stage in their GCSE journey, and developing effective revision habits now will help pupils feel more confident and prepared as course demands increase. Short, focused revision sessions spread across the week can be much more effective than leaving everything until the last minute.

We recommend that pupils create a manageable revision timetable, prioritise subjects and topics they find challenging, and use active revision techniques such as testing themselves, creating flashcards, answering practice questions and completing past-paper questions where appropriate. Reviewing class notes, revisiting key terminology and practising how to structure extended answers will also help strengthen their understanding. Little and often is the key to making revision manageable and effective.

The holiday is also an opportunity for pupils to reflect on their progress this term. We encourage them to identify what has gone well, consider areas where they would benefit from further support and ensure that their notes and revision resources are organised and up to date. Completing any outstanding homework and preparing for the weeks ahead will help pupils return to school feeling organised and ready to learn.

Please ensure that your child has the appropriate uniform and footwear ready for their return, alongside the equipment they need for their lessons. Maintaining high standards of uniform, punctuality and presentation reflects the expectations we have of our pupils and helps to establish a purposeful learning environment.

Thank you, as always, for your continued support in helping pupils to remain focused, respectful and committed to their learning. We are proud of the progress Year 10 are making and look forward to seeing them return after the break refreshed, ready to learn and determined to build on the positive foundations established this term.

We hope you and your families have a restful and enjoyable half-term break.

Mr Osborne
Head of Year 10

Miss Cardoso
Assistant Head of Year 10

YEAR 11

Well done to all of our Year 11 students on completing the first term of the academic year! It has been a demanding and tiring term, but also an incredibly rewarding one. We are so proud of the hard work, commitment and resilience our students have demonstrated over the past few weeks.

Students have approached their Monday and Tuesday revision sessions with fantastic dedication and have engaged brilliantly in CARES sessions on Thursdays and Fridays. It has also been wonderful to see such strong participation in our extracurricular programme, with almost 50% of Year 11 students attending a club! This is a fantastic achievement and highlights the importance students are placing on developing their interests and maintaining a healthy balance alongside their studies.

Throughout the term, we have held several important assemblies to reinforce the expectations of students during this crucial year. Establishing a strong routine that balances homework, revision and extracurricular activities is essential to success. Equally important is ensuring that students consistently meet our school's expectations for behaviour, punctuality and uniform.

We encourage all students to aim to remain at Stage 0 on our behaviour panel, or to take positive steps towards achieving this. Parents and carers can support their daughters by encouraging them to stay organised, arrive punctually and complete homework on time. We also remind students of the importance of wearing their uniform correctly and taking pride in their appearance. This includes wearing skirts at the appropriate length without rolling them up, ensuring lanyards are worn at all times, and maintaining a natural hair colour.



A big thank you to those who consistently demonstrate these high standards. We are incredibly proud of the maturity, dedication and positive attitudes shown by so many of our Year 11s.

Finally, a big congratulations to students on successfully completing the first week of their mock examinations. They have conducted themselves exceptionally well, demonstrating maturity, responsibility and excellent examination etiquette throughout the week. The mock examinations will continue after the half-term break, and we encourage students to maintain their focus and continue preparing thoroughly. We would also like to remind all students that they must remain silent until they are completely outside J Block, ensuring that everyone can complete their examinations in a calm and respectful environment.

We hope all our students and families enjoy a wonderful, well-deserved two-week break. While revision remains important, we also want students to take this opportunity to rest, recharge and look after their wellbeing. We encourage students to find a healthy balance by keeping active, taking time away from their phones and eating well. Making time for rest, family and friends is just as important as working hard, particularly during such a demanding year.

The next term will undoubtedly bring further challenges, but with a balanced approach to revision, rest and socialising, we are confident that our students can continue to make excellent progress and achieve their potential.

I would like to say a huge thank to Ms Nedjai who has been our Assistant Head of Year since last year. Ms Nedjai has been an amazing support to the students and to the tutor team as a whole. We will welcome Ms Wilson as our Assistant Head of Year, after half-term.

Thank you for your continued support. We wish you all a restful and enjoyable half-term break and look forward to welcoming everyone back in two weeks.

Keep up the fantastic work, Year 11 — we are incredibly proud of you!

Mrs Pearce
Head of Year 11

Miss Nedjai
Assistant Head of Year 11

 Carshalton High School for Girls

SIXTH FORM Open Evening

Wednesday 11th November 2026
5.00pm to 7.00pm



Sixth Form
Introduction and
Welcome Talk at
6.15pm



SIXTH FORM UPDATE

What a fantastic half term it has been in the Sixth Form!

We are incredibly proud of our students and staff for their hard work and achievements. All of our Oxbridge applications were submitted ahead of the national deadline, and we have already sent off around 10% of our university applications. Students are applying for an impressive range of courses, including Finance, History, Government and Politics, Medicine, and Childhood Studies, showcasing the breadth of ambition and talent within our Sixth Form.

It was wonderful to bring all of Year 12 and Year 13 students together for our Sixth Form Breakfast on Thursday morning. The event was a great opportunity to catch up, celebrate successes and enjoy some truly impressive home baking!

On Friday, students and staff took part in a mufti day to raise money for the Year 13 Prom, while also wearing pink in support of the Wear It Pink charity campaign. A special mention goes to our Year 12 students, who have been leading the way with their pink lanyards throughout the week.

As we look ahead, we would like to wish all of our Year 13 students the very best as they begin their mock examinations after half term. This will be followed by Year 12 students sitting their first round of exams. We know they will approach these important assessments with the same determination and commitment they have shown throughout the term.

Thank you for your continued support. We wish all of our students, families and staff a restful and enjoyable half-term break. We look forward to welcoming everyone back for another successful half term.

Mrs Norman

Director of Sixth Form and Assistant Headteacher

The UK Bebras Challenge

The **2026** Bebras challenge will take place in **November 2026**.

What is the UK Bebras Challenge?

The Bebras Challenge introduces computational thinking to students worldwide. This exciting challenge takes place in schools, under the supervision of teachers, over a two-week period every November. Last year, over 3 million students from more than 80 countries participated!

In the UK, the challenge is open to all young people aged 6 to 19. Each participant has **45 minutes** to tackle a series of **interactive tasks**, designed to encourage logical thinking and problem-solving skills appropriate for their age group. The challenge is conducted online, and tasks are marked automatically by our competition system.

The tasks are designed to allow every student the opportunity to showcase their potential, whether they excel in maths or computing, or not.

The UK Bebras Challenge is organised by the Raspberry Pi Foundation.

Pop in to register your interest with Mrs Ononogbu in B19.

The Challenge will take place on **Wednesday 18th of November 2026** from **3:15pm to 4:00pm** in **B19**.



**Raspberry Pi
Foundation**



CHSG CAREERS NEWS

Year 12 TripAdvisor trip

On 8th October ten energetic Year 12 students joined me for a 5 hour engaging workshop at TripAdvisor Headquarters, based near Liverpool Street.

The students networked with the 15 employees in pairs, which was an intensive but invaluable activity. They networked for 6 minutes with each employee and asked a lot of pertinent questions. We then discussed the morning over a lunch of posh pizza. These very positive students had assimilated much knowledge about the individuals' career journeys and current roles within this innovative company. What surprised them was the diversity of pathways; the different combination of KS5 subjects showed that there is no prerequisite for a career in marketing and travel.

In the afternoon the students engaged in a simulated activity, a typical day-to-day role for the TripAdvisor team. The task: to select a destination in the world and imagine a pop up Virtual Reality of this destination eg Mauritius. The groups then presented to the panel of employees and articulated their innovative ideas with confidence. I was impressed by the students' curiosity, which is key with careers exploration.

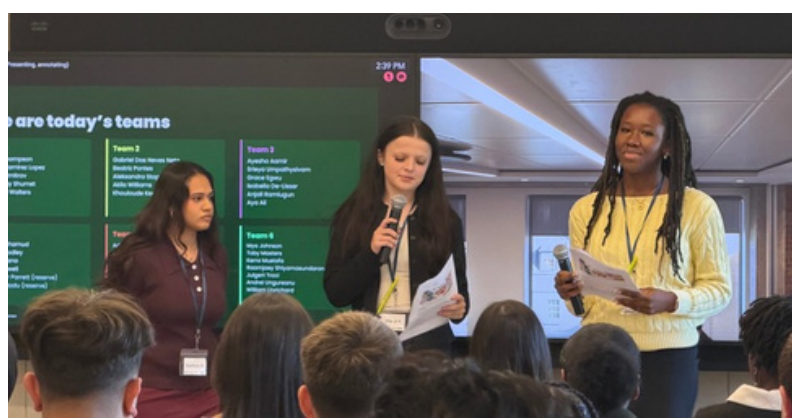
Mrs Hrouda Careers Lead

Student feedback

'Taking part in the TripAdvisor careers insight trip was a valuable experience that helped me further understand the multitude of roles in a business. It was particularly helpful to speak to professionals, learn about their career journeys and gain insight into the different opportunities available within the travel and business industries.' - [Ayesha A](#)

'I gained a great insight into the working world and proof that teamwork really comes alive when you're somewhere unfamiliar.' - [Aya A](#)

'The TripAdvisor trip was a really engaging and enjoyable experience that allowed us to learn new things and develop our confidence. One of the main activities was doing speeches in front of everyone, which helped us with public speaking and communication skills. We also had the opportunity to meet different members of staff and learn about their roles and responsibilities, gaining a better understanding of the company. Overall, it was an interesting and fun experience that helped us develop more skills and knowledge about the workplace.' - [Barinda R](#)





CHSG MENTAL HEALTH AND WELLBEING

Half-Term Wellbeing: Supporting Our Young People Over the Break

As we approach the half-term, we want to take a moment to remind families about the importance of rest, connection, and safety. School holidays are a welcome break from routine, but they can also bring changes in mood, energy, and wellbeing for children and young people.

Looking After Mental Health

Time away from school can offer space to recharge, but some young people may find the lack of structure or social contact challenging. Here are a few ways you can support positive mental health at home:

- Keep a gentle routine: Predictability helps children feel safe. Encourage regular mealtimes, sleep patterns, and daily activities.
- Encourage balance: Help them mix screen time with time outdoors, creative hobbies, or relaxation.
- Stay connected: Keep in touch with friends or trusted adults, especially if your child tends to withdraw.
- Model calm: Children take their cues from adults — showing self-care, rest, and balance helps them do the same.
- Talk and listen: Sometimes just asking, “How are you feeling about the break?” can open important conversations.

If your child seems worried, down, or unusually withdrawn, remind them it’s okay to talk — and that help is always available.

Staying Safe Online

With more free time, many young people spend longer online. Please take time to:

- Check privacy settings and parental controls.
- Encourage your child to think before they post or share personal details.
- Remind them that if something online makes them uncomfortable, they can tell you or another trusted adult straight away.
- Useful guidance can be found at www.thinkuknow.co.uk and www.childnet.com.

Support and Helplines

The Safeguarding page on our website [Carshalton High School for Girls - Safeguarding](#) has links for mental health and wellbeing Support and Details of how to contact children’s safeguarding partners.

The Sutton information Hub is a great starting place [Home | Sutton Information Hub](#). It is here you will find information about activities and local events to engage with [Events | Sutton Information Hub](#). It also has a page to signpost support.

Together Sutton [How We Can Help - Together for Sutton](#) also offers sign posting for a range of support services including financial and housing support.

The [Foodshop - Sutton Community Works](#) is a fantastic resource if you are struggling to make ends meet for just a £4 membership you can select up to 20 items of food including frozen and chilled goods.

Our website has links for contacts over the holidays including for [Mental Health Support](#) and [Child Protection Contacts](#). Students can still access their safeguarding page via the intranet which has tips on keeping safe online and maintaining good wellbeing.

We hope you have a safe and relaxing half term.

TALK MONEY WEEK 2026

#GETSUTTONSAVING

Join Together for Sutton & your local services again this year as we host
 Your Community Hub for Talk Money Week 2026 from Monday 2 to Friday 6 November,
 9.30am - 1pm each day, including Your Community Breakfast.
 Your go-to space for FREE information, advice, support & access to local services.

YOUR COMMUNITY HUB PROGRAMME

Monday 2nd Nov	Getting You Healthy & Back to Work, hosted by Step Ahead. Low Impact Chair Zumba Exercise. Singing for Wellbeing.	9.30am - 1pm 12pm - 12.20pm 12.30pm - 1pm	
Tuesday 3rd Nov	Employment Preparations & Re-Education. Hosted by CAP Job Club & Life Skills. DWP Work Coaches.	9.30am - 1pm	
Wednesday 4th Nov	Volunteering in the Community. A platform into work hosted by Volunteer Centre Sutton.	9.30am - 1pm	
Thursday 5th Nov	Mental Health, Isolation & Crafts. Hosted by THE PERCENTERS. preventing isolation through community groups.	9.30am - 1pm	
Friday 6th Nov	Where to Make Household Savings. Exploring your household bills & looking for cost savings. Money & Mental Health Coffee & Conversations.	9.30am - 1pm 1pm - 2pm	

Your Community Hub, 188 High Street, Sutton, SM1 1NR (the old TazZa Coffee Shop)



TALK MONEY WEEK 2026

#GETSU T TONSAVING

Not only do we have Your Community Hub running all week, we will also be taking over lots of existing groups you may already go to, or perhaps would like to join for the week. Check out our Pop-Up Programme here:

YOUR COMMUNITY POP UPS

Monday 2nd Nov	Sutton International LGBTQ+ Meet Up Group. Oru, Times Square, 7 Throwley Way, Sutton SM1 4AF.	6.30pm - 9pm	
Wednesday 4th Nov	Steve's Money Savings Tips for Over 50s. Oru Chatty Wednesday, Times Square, Sutton High Street.	12.45pm - 2pm	50 + Over 50s
Wednesday 4th Nov	Steve's Money Savings Tips for Young People. Unity Junction, St Nicholas Centre, Ground Floor, Sutton High Street, SM1 1AR.	4pm - 5.30pm	14 -18s
Thursday 5th Nov	Speak Up Sutton Self Advocacy Groups. To Spend or Save (Role Play). Caffé Kiko, St Nicholas Centre, Sutton High Street.	11am - 1pm	HELP 
Friday 6th Nov	Rearth Glass Money Jars Crafts Session. Unity Junction, St Nicholas Centre, Ground Floor, Sutton High Street, SM1 1AR.	4pm - 5.30pm	

If you are a Sutton resident or professional & you're not sure where to get help & support from, please contact our Together for Sutton team to speak to someone who can help!

020 8254 2616

Come along&joinus, becauseyou're never alone in Sutton!

