Carshalton High School for Girls

NEWSLETTER

FRIDAY 20 NOVEMBER 2026

Dates for your diary

Week A

23.11.26 - Year 7, 10 and 12 exams continue
23.11.26 - Year 8 Media Studies trip
24.11.26 - Year 8 anti-bullying workshop
24.11.26 - Careers: Central Film School workshop
27.11.26 - Money Matters trip

Week B

30.11.26 - INSET day
01.12.26 - Bayeux Tapestry trip
01.12.26 - Les Miserables trip
02.12.26 - Second Year 7 Art trip to the Courtauld Gallery
03.12.26 - Brit School trip

Welcome

This week, students took part in an assembly in support of Hidden Disability Awareness Month exploring the many disabilities and health conditions that may not be immediately visible to others, including autism, ADHD, dyslexia, anxiety and long-term medical conditions. Students learnt that hidden disabilities can affect learning, communication, wellbeing and daily life, even when there are no obvious outward signs. We challenged common misconceptions and encouraged students to think carefully about the assumptions we sometimes make about others.

A key message of the assembly was the importance of understanding, empathy and inclusion. Students reflected on how small acts of kindness, patience and respect can make a significant difference to someone's experience of school. They were encouraged to celebrate strengths as well as challenges, recognise that fairness does not always mean everyone receiving the same support, and consider how they can be allies to others. These messages closely reflect our school value of Sisterhood, reminding students that we all have a responsibility to create a welcoming environment where everyone feels valued, respected and a true sense of belonging.

We would like to thank all parents and carers who attended our recent Meet the Tutor Evening. It was wonderful to see such strong engagement from families and to have the opportunity to discuss students' progress, achievements and next steps. The evening was extremely positive, with valuable conversations taking place between students, parents and staff, further strengthening the partnership between home and school that supports every student's success. There was a real sense of community across the school.

Mrs Bramson
SENDCo

CHSG WINTER CONCERT 2026

Tuesday 8th December 2026
6.30pm
CHSG School Hall

Tickets available on Arbor or on the door for £4

Come and join us for a fantstic evening of music to kickstart the festive season

YEAR 7

I was so pleased to see nearly all of you at the Meet the Tutor Evening last night. What a wonderful turnout. I am most grateful for the support you give to our Tutors, who have done a sterling job of helping your daughters to settle in. Thank you for the very kind (and much appreciated) words that you shared with our Tutors, who were so buoyed by your positivity and recognition of the work they do. I received another comment from a parent about our Year 7 students in public and how much of a credit they are to the School. I love hearing messages like that. Please do keep them coming when you notice or hear that.

Email protocol from students
We have started to notice that some students are not quite understanding that a school e-mail is not like a text function. We have spoken to all our students. Please could you support us in re-iterating the same message at home: school emails are monitored and should not be used to send messages (of any sort) to other students or teachers during a lesson if they have access to a computer. Likewise, if students do need to write to a teacher (outside of school hours) that appropriate communication eg Dear Mr/Mrs and sign-off and politeness, is an expectation. Sending e-mails late at night, or over weekends and expecting immediate responses with no greeting, inappropriate tone, and subsequent chaser e-mails asking for immediate response, is something we are keen to stop. We are helping our students to learn how to communicate well and understand appropriate e-mail protocol. Please support us with teaching them how to do that.

We hope that you have a restful weekend and we thank you for supporting your daughters through the assessment period. We are most grateful for your support of the Year team, the Tutors and the School.
Mrs Macallister
Head of Year 7



GET READY TO SPREAD SOME HOLIDAY CHEER WITH YOUR ARTISTIC FLAIR!

The Art/DT department is excited to invite all students to enter a design for the schools Christmas card. Whether you're into digital art, painting, drawing, or any other medium, we want to see your unique vision of Christmas come to life.

All designs must be A4 in size, and the sky's the limit—use any materials you like to make your card stand out! This is a fantastic chance to showcase your creativity, add some festive spirit to our school, and maybe even have your design printed for everyone to enjoy.

House points and prizes are up for grabs for the best entries. So grab your pens, paints, or tablets, and let's make this Christmas extra special. We can't wait to see what you come up with!

Deadline for submissions – Monday 30th of November

Please hand your design to a member of the Art/DT department with your name, year group and form clearly written on the back.

YEAR 8

This week, the Year 8 focus has been on the importance of kindness and the positive impact that even the smallest acts can have on others.

Miss Kenny led our assembly and discussed how kindness is not just about being friendly; it is about showing respect, empathy and understanding towards everyone in our school community. We explored how simple actions, such as offering a helping hand, including someone in a conversation, giving a compliment or taking the time to listen, can make a real difference to someone's day.

We also reflected on the importance of kindness online, reminding ourselves that our words and actions can have a lasting impact, whether face-to-face or through social media.

As we move through the autumn term, we will continue to encourage all Year 8 students to make kindness part of their everyday actions. Let's continue to build a school community where everyone feels happy, valued and respected.

Remember, kindness costs nothing, but it can mean everything! 💛

On Wednesday some of the Year 8 students had the fantastic opportunity to take part in an Art Workshop led by the artist Thomas Cameron. The students found this a fun and valuable experience and are really looking forward to the second part of the workshop next week.









It was great to see so many families yesterday at Meet the Tutor Evening and we hope you found this valuable. Following your meeting if you have any questions or queries please do contact your child's form tutor.

Just a reminder as the weather becomes colder all outdoor clothing such as coats, hats, scarfs and gloves need to be either plain black or navy blue. These items should only be worn outside and not inside the classrooms.

Ms Brice
Head of Year 8

YEAR 9

There are so many excellent extra curricular clubs and opportunities available to our students; this week I wanted to highlight just one

History Podcast
Mr. Godman, Mr Hird and Mrs Gill run this club and this week I spoke to 4 year 9s who are regular attendees.
Chloe S 9H2
Emily A 9C2
Emma Scott 9S2
Vivien E 9S3

The students are investigating the collapse of the Soviet Union and are preparing to answer questions like What is chronic economic stagnation and how is it presented in the USSR and What is systematic stagnation and how is this presented in the USSR. Emily A has sent me some of her research.

I cant' tell you how impressed I was by these students who are articulate, intelligent, and studious. It was wonderful to see their obvious interest in politics and history.



How did the fall of the berlin wall contribute?
4.The fall of the Berlin wall-The fall of the Berlin Wall on November 9, 1989, signalled the collapse of communist dominance in Eastern Europe and accelerated the internal dissolution of the Soviet Union by December 1991 The function of the wall was to stop East Germans from escaping to the democratic West.
3.The Sinatra Doctrine: Soviet leader Mikhail Gorbachev refused to use military force to prop up communist regimes in Eastern Europe, a policy dubbed the "Sinatra Doctrine" (allowing them to do it "their way").
Public protests and a peaceful revolution led to the opening of the wall. When the protesters fled to the wall, guards didn't know what to do so they opened the borders. Once they were opened people decided it was not needed anymore and started to destroy the wall leading to its demise on **November 9, 1989**.
When the wall fell and Moscow did not intervene, it proved that the Soviet Union could no longer or would no longer enforce its outer empire. Because they could no longer trust east Germany anymore. The USSR lost Germanys part in their friendly buffer zone that they had had since WW2.

Meet The Tutor Evening
Thank you so much to all the parents, carers and students who attended our Meet the Tutor Evening; it was so fantastic to hear about all of the positive conversations that were had.

Thank you to our amazing Year 9 ambassadors for supporting on the evening, wonderful as always.

Homework
So far we have had a number of detentions issued to Year 9 students for failing to complete their Homework on time. Please ensure that your daughters are checking Arbor daily to ensure that they know when assignments are set and due. Any issues please contact your daughter's teachers directly.

Many thanks for your continued support.
Mrs N Devaney
Head of Year 9

YEAR 10

Assemblies
We have had two assemblies this week, both focusing on Work Experience (WEX) and supporting pupils in thinking about their future careers. These sessions have encouraged pupils to begin considering their interests, skills and aspirations, and how the choices they make now can help shape their future pathways.

We were also fortunate to welcome an inspirational guest speaker, George Imafidon MBE, from Sustainable UK and the Motivez programme. George spoke to pupils about the importance of recognising their potential, developing their skills and taking opportunities to pursue their ambitions. This was an excellent opportunity for pupils to hear about different career pathways and consider how they can make the most of their own interests and abilities.





Following the assembly, pupils have been emailed a sign-up sheet to express their interest in joining the Motivez programme. As part of the application, pupils are encouraged to draw on their existing interests and skills and provide a short explanation of why they should be selected as one of the 30 students to take part. We would strongly encourage pupils to consider this opportunity and take the time to put forward a thoughtful application.

Meet the Tutor Evening
We would like to thank all parents and carers who attended our Meet the Tutor Evening on Thursday. These opportunities are invaluable in strengthening the partnership between home and school and ensuring that pupils receive the support they need to make progress. Maintaining open communication between tutors, pupils and families is particularly important as pupils move through Year 10 and begin to consider their longer-term GCSE targets and aspirations.

Assessments and Revision
As pupils continue through their GCSE courses, assessments provide an important opportunity to demonstrate their understanding, identify strengths and recognise areas that may require further development. We encourage pupils to approach assessments positively and use feedback constructively to improve their work. Regular revision is essential, and pupils should be developing a routine that allows them to revisit content throughout the year rather than relying on last-minute preparation. Short, focused revision sessions, using flashcards, self-quizzing, practice questions and past papers are all effective ways to strengthen knowledge and build confidence. We encourage parents and carers to support pupils in establishing a manageable revision routine at home.

Uniform Reminders
We would like to remind all pupils and parents of the importance of maintaining high standards of school uniform. All pupils are expected to follow the school's uniform policy consistently, ensuring that they arrive at school looking smart and appropriately dressed. Please take the opportunity to check that all uniform requirements are being met, including appropriate footwear and accessories. Thank you for your continued support in helping us maintain these expectations.

Attendance and Punctuality
Regular attendance is essential for pupils to achieve their potential. Missing lessons can make it difficult to keep up with GCSE content, complete classwork and develop the knowledge needed for successful outcomes. We therefore ask parents and carers to continue supporting excellent attendance and punctuality, ensuring that pupils arrive at school on time and ready to learn every day. Where pupils are absent, it is important that any missed learning is followed up so that they do not fall behind. Every lesson counts, and establishing strong attendance habits now will make a significant difference as pupils move closer to their GCSE examinations.

Thank you, as always, for your continued support and partnership. We are proud of the progress Year 10 are making and encourage all pupils to maintain their focus, take responsibility for their learning and continue making positive contributions to our school community. We look forward to another successful period ahead.

Mr Osborne
Head of Year 10

Miss Cardoso
Assistant Head of Year 10

YEAR 11

By now, students should have received most of their mock examination results. We hope that they are pleased with their achievements and feel proud of their efforts. Equally, the results will hopefully have given them a clearer understanding of the areas they may need to focus on as they continue their preparation for the summer examinations. We would encourage all students to speak to their subject teachers if they have any concerns about their results or would like further guidance on how best to revise for specific subjects. Teachers are always happy to offer support and advice to help students identify their next steps and make the most of their revision.

We also would like to give a gentle reminder about the importance of punctuality. We have seen a number of detentions issued across Year 11 recently due to students arriving late to school. We appreciate that the darker, colder mornings can make getting out of bed and leaving the house a little more challenging! However, it is important that students remain organised and allow themselves plenty of time to get to school promptly. Arriving on time ensures that they are ready to start the day positively and do not miss any valuable learning time.

This week, our Student Parliament representatives gathered thoughts and perspectives from their peers during tutor time. Students were given the opportunity to share how they are finding school life and offer suggestions for how we might make further improvements to the school experience. It is always valuable for us to hear directly from our students, and we look forward to these ideas being shared with Ms Nedjai before being passed on to Miss Jones for further discussion with the School Council. We are grateful to our Student Parliament representatives for taking the time to ensure that their peers' voices are heard!

This week also marked Anti-Bullying Week, with the important theme of "Break the Silence." The message encourages us all to speak up when we witness or experience bullying and reminds students that support is always available. Given recent events highlighted in the news, this theme feels particularly relevant.

As always, thank you for your continued support. We hope you have a lovely weekend.
Mrs Pearce and the Year 11 team

Dance Show 2027 Auditions



Thursday 26th November 2026

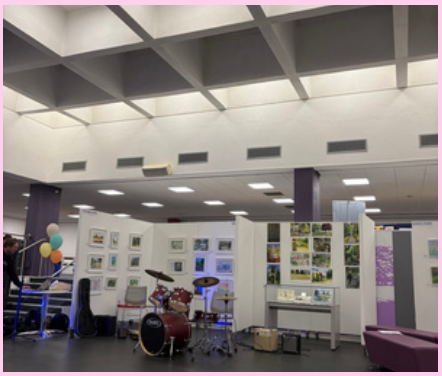
We are looking for group dances.
Open to all year groups. Any Style!

Sports Hall

YEAR 12

This week, Year 12 has been actively involved in the community while also completing assessments across various subjects.

Representatives from Year 12 participated in the Sutton Youth Summit, sharing their thoughts: “We really enjoyed the Sutton Youth Summit; we heard from many speakers and charities we already recognized from our PDP and CARES sessions, and we received lots of goodies.” – Lily, Daisy, Bella (12H1).





Additionally, there was an enlightening visit to the Institute of Cancer Research with Mrs. Hrouda. For more details on this fantastic opportunity, please see the careers news below.

Miss Ishola
Head of Year 12

YEAR 13

UCAS applications are now being submitted regularly, and we have introduced a lovely tradition of students ringing the bell when they submit their application. It has been a great opportunity to celebrate each student's hard work and an exciting milestone. We remain on track and aim to have all applications submitted within the next four weeks, before the Christmas break.

Students have also started receiving their mock examination results. Please take some time to discuss these with your daughters, celebrating their successes and considering any areas that may need further attention as we move towards the final examinations.

To encourage greater accountability and better use of independent study time, students have been asked to plan and document in detail, how they intend to use their nine hours of independent study per subject. This is particularly important as we approach the final term of Sixth Form. Tutors will review these plans and check in with students individually during weekly academic mentoring sessions to monitor progress and offer support.

Thank you for your continued support in helping Year 13 make the most of these important final months.
Miss Robinson
Head of Year 13

CHSG CAREERS NEWS

by Mrs Hrouda, Careers Lead

Year 12 Institute of Cancer Research trip

Nine STEM Year 12 students participated in a hands-on careers session at the Institute of Cancer Research, which pioneers new cancer treatments. They also had a tour of the chemistry and biology labs where high-tech experiments take place to innovate new cancer drugs, and took part in a panel discussion with young, international chemists who explained their 'journey' into their chosen profession within ICR, based next to the Marsden Hospital. I learned that computational chemistry performs chemistry-experiments virtually! Do you know what PK or Pharmacokinetics is? It is the study of what the body does to a drug! Who knew?! Here is what some of the participants had to say about the evening:

'*Seeing everything up close made what we've been studying in class feel completely real*'. Sienna P

'*The trip was very interactive and strengthened my interest into a career in science'*. Fanta J

'*I really enjoyed visiting the labs at the ICR. It really gave me an insight into a career in science and what that could look like for me*'. Zahra F

'It was inspiring to hear about so many non-linear, diverse pathways into the ICR'. Imogen R

'*This visit made me feel more confident in a future in science, making it more achievable by seeing it from a personal perspective*'. Julia K,

'*This was an interesting and inspiring opportunity for science enthusiasts and really displayed the array of career options there are in science*.' Hafsa S













CHSG CAREERS NEWS

Careers assemblies for Year 10

The week's assemblies started with the launch of STEM sustainability project, focusing on Life Sciences, for Year 10s, hosted by George Imafidon, MBE.

George talked of his 'journey' from adversity to saving Rolls Royce several millions of pounds through his innovation. Now, as an award-winning humanitarian, (a friend of Lewis Hamilton, Beyoncé and the Royal family!) George heads up Motivez, which encourages young people to gain confidence in employability skills, such as communication, research and problem-solving. Year 10 students are encouraged to apply to participate in the Motivez challenge, by filling the online application form (or emailing Mrs Hrouda if there are technical issues).

Good luck with your applications, Year 10s!

On Thursday, Year 10s had a second careers assembly, focussing on securing a suitable work experience placement. We heard from our two Year 12 Career Ambassadors: Barinda and Arisha, who outlined their WEX placements and what they gained. They offered tips on how to go about looking for work experience placements for 1st to 4th March. Parents and Year 10s have been emailed some helpful information, to support the process. The key is to start early, and draw on contacts amongst family and friends. These tend to be the best ' investment'.









Central film school presentation

On the day of the announcement of the next James Bond, (17th November) during CARES, Years 8-13 were invited to a presentation by Alex from Clapham's Central Film School.

Alex introduced the courses available at this specialised post-18 institution: filmmaking, acting for screen, screenwriting and post-production & VFX which can lead directly to employment. The students were invited to participate in a workshop at CHSG, sampling the above courses, on 24th November.



Curriculum Focus: Government and Politics



It has been a busy and enjoyable Autumn term in Government and Politics. Both Year 12 and Year 13 students have recently completed their mock exams, and I am incredibly proud of the focus, maturity and commitment they have shown towards their studies. A-level Politics is a demanding course, and it has been particularly pleasing to see how students are rising to the challenge.

Year 12 students have been establishing the foundations of their A-level course through the study of the UK and US constitutions. They have been exploring where political power lies, how it is exercised and what mechanisms exist to hold those in power to account. Students are becoming increasingly confident in discussing political issues and recognising the similarities and differences between the two political systems.

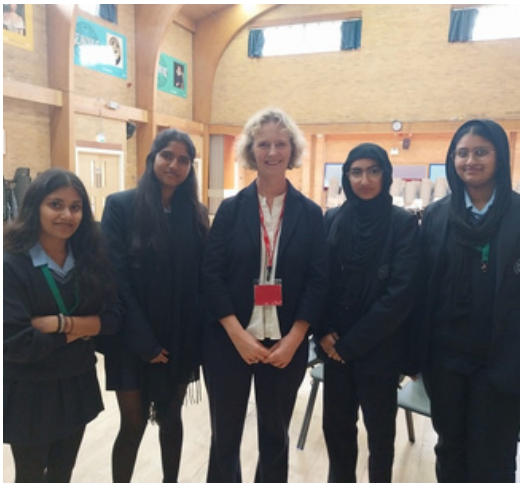
Year 13 students have recently completed their study of the US Congress. The timing could not have been better, with the November midterm elections providing an opportunity for students to follow political developments as they unfold and apply much of what they have been learning in lessons.

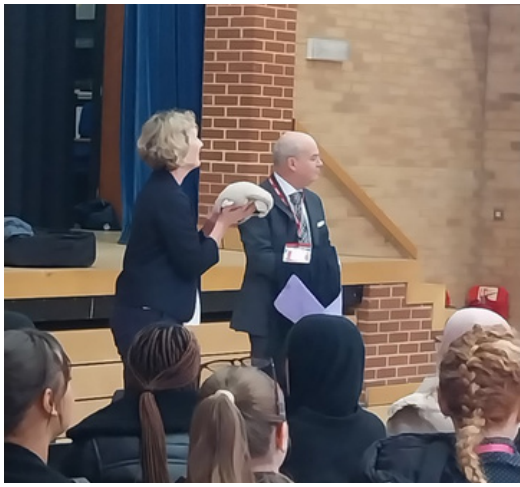
In October, we had the pleasure of welcoming District Tribunal Judge Clare Goodman and His Honour Judge Stephen Hellman to CHSG. Students had the opportunity to learn more about the work of the judiciary, ask questions and gain an insight into the legal profession and the different career pathways available to them.

There is also much to look forward to over the coming months. In December and January, we will be welcoming our local MPs to CHSG to speak to the girls about their roles, both within Parliament and in representing their local communities. Year 12 students will also be visiting the Houses of Parliament in February.

A key focus of the department is to bring politics closer to home. Politics is a subject that extends well beyond the classroom, and through these opportunities we want our students not only to develop their understanding of the political world, but also to recognise their own place within it.









CHSG Attendance Matters

Attendance Matters – Keeping Up Good Habits as Winter Approaches

As the colder weather arrives and seasonal illnesses become more common, we recognise that maintaining good attendance can become more challenging. However, regular attendance remains essential to students' learning, wellbeing and sense of belonging.

Colds, Flu and Winter Illnesses
We understand that students will occasionally be too unwell to attend school. However, a mild cough, cold, sore throat or runny nose does not mean they need to stay at home, provided they are otherwise feeling well and do not have a high temperature. Students with a high temperature should remain at home until their temperature has returned to normal.

The NHS provides helpful advice for parents who are unsure whether their child is well enough to attend school: NHS – Is my child too ill for school?

If your child requires medication during the school day, this can be kept securely in school and administered in accordance with our procedures. Parents should complete a medication consent form, which is available on the school website, before bringing any medication into school.

Keeping Good Attendance Habits
As mornings become darker and colder, maintaining consistent routines is particularly important. Encouraging regular bedtimes, preparing school bags and uniforms the night before, and allowing extra time for journeys during poor weather can all help students arrive on time and ready to learn.

Every School Day Matters
Missing even a few days can make it harder for students to keep up with learning, friendships and school routines. We encourage parents to support attendance wherever possible and to contact their child's form tutor or Head of Year if there are difficulties affecting their ability to attend.

Thank you for your continued support in helping students maintain positive attendance throughout the winter months.

Is my child too ill for school?

UK Government NHS

Does your child have a high temperature (38°C or more)? YES Keep them off school until it goes away. NO Follow the guidance below.

Yourchild can usuallygo to schoolwith a mildcoughorcoldiftheyareotherwisewell.Ifyoudokeepyourchild at home, it's importanttophone the school or nursery on the first day and give them the reason.

Should go in	Should go in (let the school know)	Seek treatment before returning to school	Keep them off (at first)
A cough, cold or sore throat Fine with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.	**Cold sores** Encourage them not to touch the blister or kiss anyone while theyhave thecold sore, or to share things like cups and towels.	**Impetigo** They'll need treatment from a pharmacist or GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.	**Ear infection** Ifyour child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.
Threadworms Speakto yourpharmacist, who can recommend a treatment.	**Conjunctivitis** Fine unless they arefeeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.	**Ringworm** See your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go toschool oncethey have started treatment.	**Measles** They'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.
	Head lice & nits Youcantreatheadliceandnitswithoutseeing a GP.	**Scarlet fever** They'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child cango back toschool 24 hours after starting antibiotics.	**Vomiting & diarrhoea** Stay away from school until they have not been sick or had diarrhoea due to illness for at least 12 days (2(448 hhoouurrss))..
	Hand, foot & mouth disease Ifthey seemwell enough to go to school,there's no need to keep them off. Encourage your child to throw away any used tissues straight awayand to wash their hands regularly.	**Chickenpox** Keep them offschool until all the spots have crusted over. This is usually about 5 days after the spots first appeared.	
	Slapped cheek syndrome Once the rashappears, they're no longer infectious. Let the school or teacher know if you think your child has slapped cheek syndrome.		

Feeling worried or anxious: It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search www.NHS.uk for the specific illness or infection, or 'Is my child too ill for school?'

MY EMOTIONAL FIRST AID KIT

What is an emotional first aid kit?
A collection of small, practical tools you can use when you feel stressed, anxious, upset, angry or overwhelmed. Think of it as a personal reset plan – not a way to ignore feelings, but a way to manage them safely.

Why might you need one?
School pressures, friendships, family worries and social media can all affect how you feel. When emotions run high, it can be harder to think clearly. Having a few strategies ready means you do not have to start from scratch.

TRY THESE TECHNIQUES

1) Box breathing
Breathe in gently for 4 counts. Hold for 4. Breathe out for 4. Hold for 4. Repeat a few times if comfortable. If holding your breath feels unpleasant, skip the holds and simply breathe slowly in and out.

2) 5–4–3–2–1 grounding
Look around and name 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell and 1 you can taste. You can adapt the senses if something is difficult to notice.

3) Feet on the floor
Place both feet on the ground. Notice the pressure under your shoes. Relax your shoulders and name three things you can see. Take a slow breath and notice where you are right now.

Remember: you do not have to manage everything alone
If these techniques do not help, try something different or speak to a trusted adult, your form tutor or your year team. You can also contact Childline on 0800 1111 or visit www.kooth.com for confidential help and advice.

MY EMOTIONAL FIRST AID KIT

There is no perfect kit. Choose what works for YOU.

01) My go-to reset (home)

A song, playlist, hobby or activity that helps me switch off

02) Things that help me feel calmer (school and home)

List three things I can do when I start to feel overwhelmed

03) People I can reach out to (school and home)

Who can I talk to at school, at home or elsewhere?

04) My reassuring reminder (school and home)

What would I say to a friend who was having a difficult day?

05) My plan for a difficult moment (School)

When I notice I am struggling, my first small step will be...

A reminder worth keeping

Feelings can change. Asking for help is a strength. If you feel unsafe or unable to cope, tell a trusted adult promptly. Childline: 0800 1111 or Home - Kooth