



Carshalton High School for Girls

NEWSLETTER

◆ **FRIDAY 6 MARCH 2026**

Dates for your diary

Week 1

09.03.26 - Year 12 exams begin.

09.03.26 - Year 10 work experience.

09.03.26 - World Book Day book café.

10.03.26 - Year 8 IWD afternoon tea.

11.03.26 - Year 7 IWD afternoon tea.

12.03.26 - Year 9 Parents Consultation Evening. All students will finish school at 2.35pm.

Week 2

17.03.26 - School production: Wendy and Peter Pan.

18.03.26 - School production: Wendy and Peter Pan.

18.03.26 - Youth Leadership Day trip.

19.03.26 - School production: Wendy and Peter Pan.

20.03.26 - Year 7 & 8 Spanish play.

20.03.26 - Sutton Dance Competition trip.

Welcome

As part of our International Women's Month celebrations, we were delighted to offer a series of workshops and trips focused on empowering and supporting our students - and what a fantastic week it has been!

On Monday 2nd March, 105 of our Year 9 and Year 10 students took part in self-defence workshops designed to build confidence, resilience and practical skills to help them feel safer and more self-assured. The sessions were truly brilliant. The girls engaged so positively, throwing themselves into every activity with enthusiasm and maturity. We were incredibly proud of the way they supported one another and embraced the opportunity to step outside of their comfort zones. The feedback from students has been overwhelmingly positive, with many sharing how empowered and confident the experience made them feel.

On Tuesday 3rd March, we hosted mental health workshops for all students in Years 7-11, aimed at keeping students safe both physically and emotionally. These sessions focused on wellbeing, resilience and equipping students with the tools they need to navigate the challenges of today's world and to thrive both in school and beyond. Once again, the response from our students was exceptional. They engaged thoughtfully in discussions, asked insightful questions and demonstrated a genuine commitment to looking after their own wellbeing and that of others. We are very proud of their openness and maturity.

Also on Tuesday, some of our Year 9 and 10 students attended a visit to Bletchley Park - the top-secret home to British WW2 codebreaking. We took a tour of the grounds, visiting the room where the Enigma code was broken and seeing the study of Alan Turing! Students also took part in a codes and ciphers workshop where they learnt different decoding techniques and had hands-on experience using a real Enigma machine from the 1940s. This was an eye-opening day learning about the hidden, and crucial, work of 9000 people during WW2 - 75% of which were women which ties in with our International Women's Month Celebrations!

On Thursday, some of our Year 13 students also had the exciting opportunity to see Hamilton in the theatre. This was a fantastic experience, particularly for our A Level Music students, as it brought musical theatre to life and enriched their understanding of performance, composition and production at the highest level.



Arbor Parent Portal and App

The Arbor Parent Portal and app are now live. For full information and details on how to register please refer here: [Accessing the Arbor Parent Portal and app](#). The portal and app will have full functionality from Monday 16th March, from which time parents/carers can use it to report on the day absence, top-up payments, see timetables, track rewards and behaviour data and manage many other aspects of your daughter's life at school. Please register for the Arbor Parent Portal and app from today.

Mr Sambrook
Deputy Headteacher



In addition, our International Women's Month door decorating competition has now begun between the forms! We are very much looking forward to seeing the creative designs that will appear around school over the coming weeks. The early signs are incredibly promising, and we cannot wait to celebrate the students' creativity and teamwork.

We are also now collecting items for care packages to support local women's charities. Suggested donations include toiletries such as shower gel, shampoo and conditioner, deodorant, sanitary products, body lotion, toothbrushes and toothpaste, as well as small wellbeing items that may bring comfort and dignity. Thank you in advance for your generous donations – your kindness and community spirit will make a real difference to women in need within our local area.

It has been a wonderful start to International Women's Month, and we are so proud of the enthusiasm, positivity and compassion shown by our students.

To mark National Careers Week, our Year 12 students enjoyed an exciting visit to the O2 Arena in partnership with AEG, gaining a valuable insight into the wide range of careers within the live entertainment industry. They heard from professionals working in areas such as law, finance and production, learning how each department contributes to delivering world-class events. A particular highlight was an exclusive backstage tour, where students saw the famous dressing rooms used by global stars including Ed Sheeran, Sabrina Carpenter and Elton John. The trip offered a memorable glimpse into the scale, organisation and teamwork behind major concerts and events.

Year 8 students also marked the week with an Enterprise Day, taking part in the NatWest Thrive Challenge. Working in teams, they developed business ideas, created plans and marketing strategies, and presented their concepts to the year group. The confidence and creativity on display were fantastic, and we were incredibly proud of their efforts. The winning team will go on to represent the school in the semi-finals later this year.

As part of our wider celebrations, CORE also organised a number of events to mark Holi. On Wednesday morning, members of CORE were on the gate with boxes of colourful ribbons for students to wear in their hair, on their blazer or around their lanyard, helping to create a wonderful "sea of colour" throughout the school. It was fantastic to see so many students getting involved and embracing the spirit of the celebration. Students were also invited to colour in flower templates, which are being displayed on the back wall of the canteen as part of a vibrant rangoli-inspired art feature. Many students took part during break, lunchtime and tutor time, and the display will continue to grow over the coming days. An information slide also ran on screens throughout the week to raise awareness and celebrate the festival across our school community.

Have a lovely weekend when it arrives,

Miss Jones
Assistant Headteacher

Year**7**

We hope you all had a restful and enjoyable half term break and are feeling refreshed for the busy weeks ahead! This half term promises to be an exciting one for Year 7, with lots of opportunities to build on the fantastic progress they have already made.

This half term, Year 7 students will be learning about and celebrating International Women's Day, which takes place each year on 8th March. This important global event recognises the achievements of women throughout history, and in the present from around the world, while also promoting equality and opportunity for all.

During tutor time and lessons, students will explore the lives and accomplishments of inspiring women who have made a difference in a wide range of fields. As well as take part in discussions and activities about equality, respect, and how they can help create a fair and inclusive community within our school.

This week we have also been focusing on National Careers week and reflecting on how these women showed resilience, determination and ambition. During Careers Week, Year 7 have completed activities which have encouraged the students to raise their aspirations and look at a wide range of career pathways available to them in the future. They have explored different industries, learned about the skills employer's value, and begun thinking about how their current learning connects to future opportunities.

As always, thank you for your ongoing support. Working together helps ensure the best possible experience and success for our Year 7 students.

Ms Brice
Head of Year 7



Year

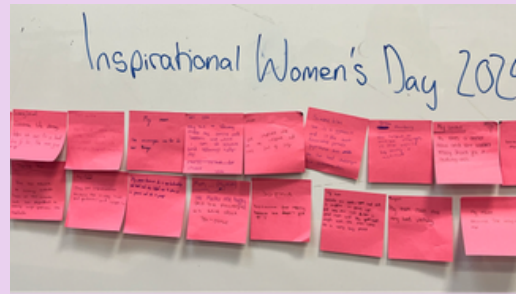
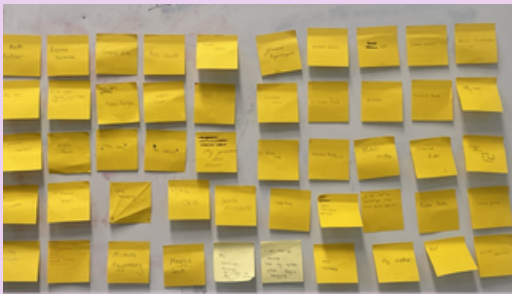
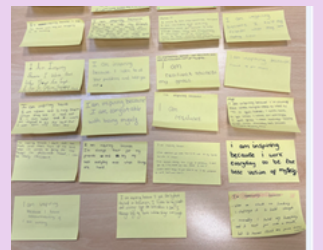
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International Women's Day

This week we celebrated Women's International Day with various form time activities. Tuesday morning the students filled their classroom white boards with the names of women who inspired them and were also asked to write how and why they themselves were inspiring young women. The results were wonderful to see and read. The classes are also producing hampers to donate to Women's Refuge Centers and are decorating their form room doors to mark the day.

Names of inspirational women included Audrey Hepburn, Mary Seacole, Ada Lovelace, Michelle Obama, Simone Biles, Greta Thunberg, plus some of their teachers and their family members.

The reasons that these women had been chosen included that these women have consistently showed perseverance and resilience to overcome the challenges or inequality that they have faced. They have also inspired many other women and tried to make their society/community a better place.



Jack Petchy Awards

Well done to Belle G 8Y1 and Aesha M 8B3 for winning the Jack Petchy Awards for outstanding achievement.



Aesha was nominated for her WWF fund raiser where she raised over £170 for the animal charity and adopted a snow leopard. Belle G 8Y2 was nominated for decorating the Friendship Bench for her Girl Guides group. They have each been awarded £300 to spend within the school community.

Congratulations to Vedha S R on Her Gold Medal!

We are excited to celebrate the achievement of Vedha S R from 8G2! On February 15th, she competed in a Taekwondo tournament at East London University, hosted by Ali's Dojang, and won a Gold Medal after months of hard work and dedication. We're incredibly proud of Vedha and her success and invite the school community to join in celebrating her victory!

Mrs Devaney
Head of Year 8





Year

9

We have had a busy week in Year 9. On Monday 65 students took part in their first Self Defence lesson. Students were very engaged and invested and are excited to continue their work.

On Tuesday students visited Bletchley Park; Bletchley Park is internationally recognised as the home of Britain's World War II codebreakers and offers a rich learning environment that directly links to the school curriculum. The visit enhanced students' understanding of algorithms, logical reasoning, problem-solving, and cryptography.



Our assembly this week was led by our immunisations teams as our year 9s have their vaccinations next Wednesday. Please ensure that the consent forms have been signed for your daughter.

We are continuing to celebrate International Women's Day with students designing their tutor doors, collecting items for charity hampers and aiming to win the Sisterhood values competition.

Thanks for your continued support

Mrs O'Connor

Head of Year 9

Year

10

On Monday I watched whilst 40 Year 10s took part in a Self-defence workshop.

I may have only been watching but I learned a lot. The students were amazing as always and were fully engaged. They took part in all the tasks set. The recommendation was that students go home and regularly practice the self-defence techniques with their families/carers. I certainly went home and talked about the experience.

On Tuesday 3rd March a group of Year 9 & 10 students visited Bletchley Park, the famous secret site that was used for code-breaking during World War 2 and where the famous Alan Turing worked. The site came to be known more thanks to the 2014 film 'The Imitation Game'. The students had an extremely interesting guided tour, a code-breaking workshop and got to explore the grounds and buildings of this famous place. The students conducted themselves with maturity, exceptional behaviour and were really engaged during the day. Also on Tuesday, students who were in school took part in Mental Health Awareness sessions.

Next week is our much-anticipated Work Experience. In assembly Mrs Phelps-Gardiner spoke about high expectations of conduct when at work. Students will be expected to attend the work experience placement between the hours set by the employer. If your child is unwell and unable to attend their placement please contact the employer and also report the absence to :

- Telephone: 020 8647 8294 (select Attendance)
- Email: absence_reporting@carshaltongirls.org.uk

If there are any emergencies the Work Experience Phone will be available to contact from 6am until 8pm, Monday to Thursday: Tel: 0771305964. Mrs Phelps-Gardiner will be sending out another email with these details too.

Students have received a log book to record their experience throughout the four days. We are all looking forward to hearing about their experiences in the world of work when they return to school on Friday 13th March.

I hope everyone has a good week.

Mrs Pearce

Head of Year 10



Year

11

Year 11 have once again had a very busy week, our mock speaking MFL exams have taken place this week. It has been great to see students really apply themselves and put so much effort into these exams despite having had two weeks of exams already, I am sure their hard work will pay dividends.

Year 11 also participated in a mental health workshop which focussed on resilience and facing fears. This was very useful in light of upcoming coursework deadlines and exams.

A new round of pink t-shirts have been issued to those students who had 100% attendance last half term, well done to every student who received one and keep up the great attendance!

Mrs Berry

Head of Year 11

Year

12

I am incredibly proud of my Year 12 students who recently represented CHSG at the Young Enterprise Trade Event at Old Spitalfields Market, competing against more than 60 other schools. Demonstrating confidence, professionalism and excellent teamwork, the girls stepped boldly out of their comfort zones to engage with members of the public, promote their product and manage real-time sales conversations. Their hard work and preparation truly paid off, with Fidgi-grow being awarded the prestigious Mystery Shopper Award in recognition of their outstanding customer service. A huge well done to our remarkable Year 12 team; you represented CHSG with excellence and integrity.



Year 12 students also recently had the opportunity to visit The O2 for a careers experience trip this week, where they explored the wide range of roles involved in running large-scale events and entertainment venues. Students particularly enjoyed the behind-the-scenes access and learning more about career pathways within the industry.

"The most enjoyable part of the trip was the very helpful insight we got for what happens at big venues such as the O2. As well learning the staff's journey to where they were at the start of their careers and then now. It showed us the all different job roles." – Alishba, 12Y1

"I learnt about all the different available positions in the event industry, I enjoyed touring the backstage of the O2." – Daisy P, 12B1

"My favourite part of the trip was the tour of backstage where we got to look around where the artists go before they perform. This trip helped me learn about new jobs I didn't know existed and really sparked my interest. Thank you for the opportunity!" – Sabera, 12R1

"The trip to the O2 was a great experience. It was interesting going backstage and finding out how everything works behind the scenes. I found job opportunities there that I would like to do in the future." – Layla, 12B1

Looking ahead, Year 12 students will be entering the Spring exam season next week, so it is important that students are in school, on time and fully prepared for their assessments with a calm yet confident attitude.

Lastly, Sixth Form Leadership applications are now open for the roles of Head Girls, Deputy Head Girls, Heads of House and Senior Prefects. Students should refer to the job description document and submit a one-page application outlining why they would be suitable for the role. The deadline for submission is 23.06.26.

Ms Robinson

Head of Year 12



Year

13

Welcome back

Year 13 returned after half term for final mock exams, as well as some students being away on the Vienna trip, which was headed up by Mr Gowar. Students enjoyed the experience, culture and getting to form bonds with others from different year groups. A huge thank you to all staff that went on the trip also.

The VESPA focus for Year 13 is Systems, which explores organisations, reviewing subject content, meeting deadlines, general time management and using realistic revision timetables and effective strategies. Mrs Norman delivered a timely assembly on resilience and making good choices based on learning from experiences.

UCAS update

Students are in the process of selecting their firm and insurance choices for university. Do keep discussing next steps - whether university or not - at home and should you have any questions or require further information, do not hesitate to get in contact.

·UCAS Extra is now open and will close July 1st. This is for those who are holding no offers from their 5 choices.

·Student Finance opens Monday 23rd March.

Further support

The following sites have been recommended by professionals, and from student voice, as being helpful areas for general wellbeing and mental health support:

- [The Mix](#)
- [Home - Kooth](#)

As always, thank you for your continual support.

Miss Ishola

Head of Year 13



Across our Chemistry classrooms, students are building their understanding of the world through engaging, hands-on topics. In Year 7, they are exploring reaction types such as combustion and thermal decomposition, discovering how and why substances change. In Year 8, they are investigating energy changes in reactions, learning the difference between exothermic and endothermic processes and linking this to real-life examples like hand warmers and cold packs. Our Year 9 students are studying ionic, covalent, giant covalent and metallic bonding, helping them explain the properties of materials used every day – from metals in buildings and electronics to forms of carbon like graphite. In Year 10, they are connecting bonding to energy changes and bond energies, and are exploring modern energy solutions such as hydrogen fuel cells, seeing how chemistry plays a key role in developing cleaner fuels.

In Year 11, students are focusing on how chemistry helps society use resources responsibly. They are studying how potable water is treated, how sewage is processed safely, and how formulations are designed for products used daily. These topics show how chemistry protects public health, supports sustainability, and helps address global challenges. This links perfectly with next week's British Science Week theme, encouraging students to see how science connects to real-world challenges and future careers. Across all year groups, the curriculum is building scientific knowledge alongside problem-solving and critical thinking skills, preparing students not only for exams but for understanding and shaping the world around them.

Carshalton High School for Girls presents...

WENDY & PETER PAN

Tickets £5 via Parent Pay

PERFORMANCES

Tuesday 17th March - 7:00pm
 Wednesday 18th March - 7:00pm
 Thursday 19th March - 7:00pm



CHSG MENTAL HEALTH AND WELLBEING

Supporting Young People with Anxiety

Mental Health & Wellbeing

While occasional worry is a normal part of adolescence, ongoing anxiety can affect attendance, learning, sleep, friendships, and self-confidence.

Normal Worry or Anxiety? What's the Difference?

Teenagers naturally experience more complex worries as they grow.

Normal Worry

- Linked to a specific event (e.g., a test, presentation, sports trial)
- Temporary and manageable
- Settles once the event has passed
- Responds to reassurance and practical support

Example: Feeling nervous before a GCSE mock exam

Anxiety That Impacts Day-to-Day Life

- Persistent or escalating over weeks
- Out of proportion to the situation
- Leads to avoidance or isolating socially
- Causes significant physical symptoms (nausea, headaches, racing heart)
- Disrupts sleep, appetite, mood, or concentration
- Continues despite reassurance

When anxiety begins to interfere with attendance, academic progress, friendships, or family life, additional support may be needed.

Why Secondary Students May Feel Anxious

Common triggers in secondary school include:

- Exams and academic performance pressure
- Social media and peer comparison
- Friendship changes or fallouts
- Public speaking or being called on in class
- Navigating a large school site
- Post-16 pathways and future planning

Adolescents are also developing greater self-awareness, which can increase sensitivity to perceived judgement.

Signs to Look Out For

You may notice:

- Complains of feeling unwell before school
- Has disrupted sleep on school nights
- Becomes withdrawn or irritable
- Spends excessive time in their room
- Avoids homework or specific subjects
- Seeks repeated reassurance about performance
- Expresses dread about certain days or lessons

Sometimes anxiety appears as anger, shutdown, or "I don't care" behaviour.

How Parents and Carers Can Support

1 Listen Without Rushing to Fix

Teenagers often want to feel understood before solutions are offered.

Try: "That sounds really stressful. Tell me more."

2 Avoid Minimising

Phrases like "It's not a big deal" can unintentionally increase shame. Instead, acknowledge the feeling even if the situation seems small.

3 Encourage Problem-Solving Skills

Help them break concerns into manageable steps:

- What's in your control?
- What's one small action you could take?

This builds independence and resilience.

4 Support Healthy Routines

Secondary students benefit from:

- Consistent sleep routines
- Balanced screen time
- Regular meals
- Physical activity

Sleep, in particular, has a significant impact on anxiety levels.

5 Promote Gradual Exposure

Avoiding school can reinforce anxiety. If attendance is becoming difficult, work closely with the school to plan supportive steps.

6 Keep Communication Open with School

Form tutors, heads of year, and pastoral teams are there to help. Early communication can prevent difficulties escalating.





When to Seek Further Help

- Consider seeking additional support if your daughter:
- Regularly refuses school
- Experiences panic attacks
- Shows significant changes in mood or behaviour
- Talks about feeling hopeless or overwhelmed
- Has ongoing sleep or eating difficulties

Your GP can advise, and school will also be able to signpost local services.

Trusted Information & Support

- [YoungMinds](#) - Guides specifically for parents of teenagers
- [NHS](#) - Information on anxiety in young people
- [Anna Freud](#) - Resources on emotionally based school avoidance
- [Place2Be](#) - Advice on supporting secondary-aged children

Adolescence is a time of rapid change socially, emotionally, and academically. Anxiety during these years is common, but with understanding, partnership, and early support, most young people develop the tools they need to manage it successfully. Please contact the school pastoral team if you would like to discuss your child's wellbeing.



CHSG Sustainability Tip of the Week

Washing clothes at 30°C and air-drying whenever possible can reduce energy use by over 40%.

Students: Put your uniform in the wash only when necessary. Help out at home to hang clothes out to dry instead of using a tumble dryer.

Parents: Wash at 30°C for most loads, use full loads to save water and energy, and choose air-drying or a drying rack instead of the tumble dryer when possible.