



FRIDAY 15 MAY 2026

## Dates for your diary

### Week 1/A

**18.05.26** - Year 9 MFL speaking mocks

**19.05.26** - Year 9 MFL speaking mocks

**21.05.26** - Shakespeare showcase

**22.05.26** - Yellow Accessory Day

**22.05.26** - Year 11 leavers day

**22.05.26** - Last day of term - normal finish time at 2.35pm

### Week 2/B

**01.06.26** - Back to school normal time

**01.06.26** - Year 7, 8 and 9 exams begin

**05.06.26** - Year 10 Hospitality and Catering mock practical exam

**Yellow Accessory Day – Friday 22nd May**

**For details about the day see page 10**



## ATTENDANCE MATTERS

Good attendance supports success at every stage of school. Government figures show that pupils who miss just 10% of school (around one day every two weeks) are significantly less likely to achieve strong GCSE results. In 2019, only 36% of persistently absent pupils achieved grade 5 or above in English and Maths, compared with 84% of pupils with excellent attendance. Every lesson, every day, really does count.

## Welcome

It has been another busy and reflective week at CHSG, with students engaging in a range of opportunities focused on wellbeing, aspiration, leadership, and personal development.

This week's assemblies linked to Mental Health Awareness Week and explored themes including belonging, respectful relationships, positive communication, and the influence that individuals and online communities can have on the way young people think and feel. Students were encouraged to think critically about the messages they encounter online, reflect on the importance of using their voice positively, and recognise the role they play in creating a kind, respectful, and inclusive community. It was encouraging to see students engaging so thoughtfully and maturely with these discussions.

Students in Years 7-10 also took part in assemblies on menstrual health, led by Rebecca Gilbert from Family Foundations. These sessions provided students with valuable information about periods, hygiene, physical and emotional wellbeing, and the importance of breaking the stigma surrounding menstruation. Students were encouraged to ask questions openly and were given guidance on when to seek additional support if symptoms begin to affect daily life or wellbeing. The sessions helped to promote confidence, awareness, and respectful discussion around an important aspect of health education.

On Monday, 14 of our Year 9 Brilliant Club graduates visited King's College London for a day focused on higher education and future aspirations. Students took part in university application sessions, toured the campus including the medical faculty, and heard directly from current students about their experiences of higher education. The visit was an inspiring opportunity which helped students to see university as an achievable and exciting future pathway.

A group of Year 10 students also represented the school at the Sutton Youth Board session, "Are Young People Being Prepared for the World of Work?". Students engaged thoughtfully with discussions around employability skills, education, and future careers, whilst confidently sharing their own views and experiences. A special well done goes to Tanu K (10Y2), Amne (10B1), Rubab (10B2), Charlotte (10R2), Veyda (10G1), and Yvette (10B3) for representing the school so positively.

Meanwhile, our Year 11 and Year 13 students continue to approach the examination season with maturity, resilience, and determination. It has been wonderful to see students supporting one another whilst maintaining focus and commitment during this important period.

**Mrs Crump**  
**Assistant Headteacher**



## NOTICES

### Dietary Requirements on Arbor - Important Information

We would like to take this opportunity to remind you about the importance of ensuring your daughter's dietary requirements are correctly recorded on the Arbor app.

Please see below a brief explanation of the dietary categories available:

- Halal – If selected, your daughter will not be served pork or any pork by-products.
- Vegetarian – Your daughter will not be served any meat or fish.
- Pescatarian – Your daughter is following a vegetarian diet and will also eat fish.
- Vegan – Your daughter will be plant-based only and not be served any meat or animal products, including dairy, eggs, or honey.

We would also like to highlight that our school canteen operates as a Halal kitchen. Therefore, if you select Vegetarian but intend this only in the absence of Halal meat, your daughter will not be served Halal meat either.

It is very important that the dietary option selected accurately reflects your daughter's requirements. Incorrect selections may mean that your daughter is unable to access foods you would normally allow at home as the canteen have to follow the information you have provided. This will also have an impact on Food Technology lessons and the foods your daughter is permitted to prepare and consume.

Please take a moment to check the Arbor app and ensure that your daughter's dietary requirements are up to date and correct.

### Whiteboards

To follow up on our previous warnings, we have become aware of another injury caused by a whiteboard. These whiteboards have metal edges (or metal edges beneath plastic that can break) and are different from the ones provided by the school.

If you are purchasing an alternative whiteboard for your daughter, please could we ask you to check the quality carefully, particularly the sharpness of the edges.

Replacement whiteboards are available from the school, and payment can be made via the Arbor app.

### Service Child Pupil Premium (SPP)

The government provides additional funding to schools for children of service personnel, recognising the unique challenges that service families may experience. Eligibility has also been extended to include children who have been identified as service children within the last six years, provided they were recorded as such in a previous school census before their parent left the Armed Forces.

#### Eligibility criteria

Students are eligible for SPP if they meet any of the following criteria:

- one of their parents is serving in the regular armed forces (including pupils with a parent who is on full commitment as part of the full-time reserve service) or is in the armed forces of another nation and is stationed in England and they have been registered as a 'service child' in the most recent autumn DfE school census
- they do not currently have 'service child' status but they have been registered as a 'service child' on any DfE school census in the past 6 years
- one of their parents died while serving in the armed forces and the pupil receives a pension under the Armed Forces Compensation Scheme or the War Pensions Scheme

Full details are found here: [Service pupil premium: what you need to know - GOV.UK](#)

If you believe your child may be eligible for this premium please contact the office with your proof of eligibility on [office@chsg.gov.uk](mailto:office@chsg.gov.uk)

### CHSG Ski Trip 2027 is ready!

One of the most exciting school trips in the school calendar, a trip where you will learn amazing new skills, spend a week on the Ski slopes in Italy and have huge amounts of fun!

It's open to Year 7, 8, 9 and 12, if you are interested, please fill out the MS Form: [Expression of Interest - CHSG Ski Trip 2027 - Fill out form](#)

There is no need to have skied before, you just need to have an attitude of giving something a go!

Deadline is Wednesday 20<sup>th</sup> May before places are chosen at random.

If there are any questions, please email Mr Boulter [hboulter@carshaltongirls.org.uk](mailto:hboulter@carshaltongirls.org.uk)

### Second hand uniform request

We welcome donations of all uniform items, particularly school bags and blazers for our second hand uniform shop.



And again there goes another week!

Year 7 have been really busy this week. On Wednesday we had our second Personal Development day and the theme to this day was "Making Positive Choices". The day was broken into five sessions.

Session 1 was a Drug and Alcohol Education workshop delivered by the Daniel Sparg-Mabbs Foundation and we learnt about the risks linked to drugs, alcohol and vaping. We discussed ways to keep ourselves safe and the impact negative choices in this area could have on our health and well-being. The students were really engaged in the workshop and asked some very sensible questions.

Session 2 looked at travelling safely and how we need to be aware in different situations. We looked at the different ways we could travel and the risks related to these forms of travel along with what we can do to ensure our journey is safe.

Session 3 was about challenging gender stereo-types and what we can do in a positive way to change these views.

Session 4 looked at Fast Culture and Life Choices. In this session we discussed what Fast Culture was and the impact this has. We also discussed how we together and individually could reduce the environmental impact of Fast Culture.

Finally, session 5 asked the question "Why am I unique?" This explored their talents, their personality and their individual uniqueness. We used this information to look at how we could use this positivity in the future and into our career dreams and ambitions.



Overall the day was good fun and we learnt a lot of very valuable information. Please do ask your child to see their Personal Development workbook from Wednesday and ask them to inform you of what they learnt.

### Shout Out!

We would like to Congratulate Hailey who recently participated in the Reigate and Redhill Festival. She participated in the String Grade 8 violin category and was awarded an "Honours". This is awarded for an excellent performance demonstrating fluent technical and artistic skills with emerging individuality, and is one of the top award classifications in the competition. This is an amazing achievement - well done Hailey!

### Notices

On Friday 22nd May we as a school community will be commemorating Mrs Mellish who sadly passed away last year. Mrs Melish had been at CHSG for over 20 years and was a valued member of our school community. Mrs Mellish loved daffodils so on Friday, we will be wearing an item or accessory which is yellow along with our uniform. This could include socks, hair accessories or nail varnish. There is a request for a £1 donation and all proceeds will go to the British Heart Foundation. Please join us in commemorating Mrs Mellish.

Week beginning 1st June is the start of the Year 7 assessments. Your child will be informed of the day of their assessment by their class teacher. If they have not yet been informed please do ask them to ask their class teacher before half term.

**Ms Brice**  
**Head of Year 7**



### Student Shout out

I would like to share the news about Daniella J from 8Y2. Daniella was competing in the Surrey County Championships track and field 2026 in Kingston over the weekend and made us proud, winning first place in High Jump U14 and first place in Long Jump U14. This weekend, Daniella won her 7th title as Surrey Champion.

Daniella will now be preparing to represent Carshalton High School in the Surrey and Sussex Secondary Schools Championships in pentathlon on 28 May 2026.



### Women's Health

There has been a lot in the news recently about Women's Health, moreover women's and girl's health being dismissed as less than important. At CHSG we want to ensure you that our students are fully aware of the issues affecting women's health and feel empowered to seek help and support with their health should they need it. This week Rebecca Hamilton a fully qualified midwife working with Family Foundations came in to deliver an assembly on Menstrual Health.

Rebecca talked about how the menstrual cycle works, the power of hormones and how they can affect mood, sleep, our skin and our behaviour. She also explained how to manage symptoms and what products are available. She outlined where to get help and encouraged the students to talk to parents, the school nurse, school staff and to ask for a GP appointment if symptoms like severe pain, heavy bleeding, dizziness, feeling faint etc persist.

#### WHEN SHOULD I SEEK HELP?

Common & manageable	Worth seeing a GP about
Mild-moderate cramps on day 1-2	Severe pain that stops school or daily activities
Feeling a little tired	Feeling faint, extremely exhausted, or dizzy
Slight mood changes before period	Severe PMS / PMDD significantly affecting daily life
Periods arriving 2-3 days early or late	No period for 3+ months after establishing a regular cycle (remember that it can take 1-2 years for your cycle to become regular)
Small clots (< 50p coin)	Large clots, or soaking a pad/tampon in under an hour
Bloating or breast tenderness	Pain when going to the toilet (urinating, or opening bowels)
Periods lasting 2-7 days	Periods lasting more than 7 days
Mild nausea on day 1	Vomiting, fainting, or severe nausea every cycle

#### YEAR EIGHT 'Your Body, Your Cycle'

##### Session Aims:

- Discuss what is considered normal and not normal
- Address common myths
- Understanding more about the hormones in our bodies.
- Build confidence around your period
- How to manage your period
- How and when to speak up

### PD day

We held another successful PD day on Wednesday; the girls were fantastic in the workshops. They had 2 hours of First Aid training, Millie Thorpe from De Paul Homelessness charity came in to deliver a presentation about both visible and invisible homelessness and the root causes. The students also had workshops on Teamwork and Friendship.



To round off the day the girls had some Krispy Kreme donuts for having the most returns on the school wide edurio survey.



Many thanks for your continued support

**Mrs Devaney**  
Head of Year 8



## YEAR 9

This week we had our whole school PD day. Year 9 were thoroughly engaged in their sessions about Digital Intimacy, Advertising, Social media & regulation, Teamwork and Decisions & Positive Relationships and enjoyed the talk by our guest speaker Anthony Bennet Presentation.

On a separate note, I would like to let you know that I will be stepping down from my role as Head of Year at the end of this term. This has not been an easy decision, as it has been a privilege to support and work alongside your children over the past months. Being part of this year group's journey has been incredibly rewarding. I have been continually impressed by the students' resilience, humour, achievements, and growth, and I am grateful for the trust and support shown by families throughout my time in the role.

Although I will no longer be serving as Head of Year, I remain committed to supporting the school and students in my ongoing role as a PE teacher. I know the year group will continue to thrive under Mr Osborne, and I am confident they have a bright future ahead.

Thank you once again for your support, kindness, and partnership. It has truly been a pleasure getting to know so many families and being part of your child's school experience.

I wish all students and families continued success and happiness for the future.

**Mrs O'Connor**  
**Head of Year 9**

## YEAR 10

This week was another busy one for the students. Wednesday was our Personal Development Day. The girls attended sessions that included:

- Reproductive and Sexual Health
- Online Misogyny
- Conspiracy Theories
- Working Part-Time

The girls were excellent at getting involved in all of the sessions and we hope they found them insightful and helpful.

On Wednesday, the Year 10 assembly was taken by Rachel, a community midwife. Rachel talked to the students about menstrual health. This was really informative, giving the students time to think about issues that effect women's health and how they can seek help if they need it.

### Student Shout-Outs

*Rochelle A10G2:*

Rochelle has been involved in a great online webinar/program that may be of interest to some students, please see below for details from Rochelle:

It's for year 10 students of black heritage, who aspire to attend Cambridge or Imperial College in the future. The webinars discuss Post 16 options that help with applications to these universities as well as how life is there.

My first webinar was on the 28th April and it was very insightful as we got to interact with admittance officers, professors and students that currently attend both universities. Acceptance into the program was an application and interview process. <https://www.rarerecruitment.co.uk/target-cambridge-and-imperial/>.

*Shravya Kulkani 10B3:*

Shravya has been volunteering for the Swar Sathi Youth Volunteer group and taking active participation in the social work.

Well done Shravya, it is great to see you helping out the local community!



## YEAR 10

**Reminders:**

- Trip Day 2026 - please make sure you sign up for the Year 10 trip to London Zoo!
- Exams - Year 10 Exams run from 12th June-3rd July

Year 10 Exam Booklets & Resources will be sent out next week.

**Wear yellow day - Friday 22nd**

To commemorate our colleague Mrs Mellish who sadly passed away last year we are holding a Yellow Accessory Day next Friday 22nd.

On that day the students are allowed to wear yellow accessories such as: socks, headbands, tights or nail varnish.

We ask for a voluntary contribution of £1, which will be donated to the British Heart Foundation - donations can be made via Arbor or students can bring in £1 on the day.

**Mrs Pearce**  
**Head of Year 10**

## YEAR 11

We have a number of exams under our belt now and we are firmly into a rhythm of revision and exams. It is most pleasing to see so much purposeful revision at School as students and teachers share intellectual nuggets, clear any misconceptions and walk alongside our students.

Wednesday's revision day, with exams written in both morning and afternoon, enabled our students to revise well, with bespoke subject interventions and boosters over several lessons designed to support our students further. There was also the opportunity to be introduced to the Educational App, which students were able to download, ahead of GCSE Results Day. The final lesson of the day was an opportunity for students to be with their Tutors as a form for one final time.

We head towards Leavers' Assembly next week and we know that this will be a special time for our students and staff alike. Memories, a bit of laughter and thoughts for the future are always important. And of course, shirt signing and receiving Leavers' Hoodies.

As we head into this final stretch of this half-term, we hope our students enjoy showing what they have learned, that they are able to recall and apply their knowledge to all questions, and they are proud of their endeavours.

*'At first your dreams seem impossible, then improbable, then inevitable'.*

We are nearly there.

**Mrs Macallister**  
**Head of Year 11**

**Year 11 Sixth Form Induction 2026**

Sixth Form Induction 2026 will be on Monday 6th and Tuesday 7th July. Further information will be sent out and posted on social media platforms.



## YEAR 12

During this week's PD Day, Year 12 were officially introduced to the university application process by Mrs Norman. This session provided a valuable overview of UCAS and helped students begin thinking seriously about the steps involved in applying to higher education, as they only have approximately just over 2 terms left. Mrs Phelps-Gardiner also spoke to students about the financial aspects of university, highlighting important considerations such as accommodation fees, travel expenses and day-to-day living costs. These conversations are an essential part of helping students and families make informed and realistic decisions about future pathways.

Students then spent time with their tutors setting up their UCAS accounts and entering key information, including their qualifications and potential course choices.

In the afternoon, we treated the entire year group to pizza, and our Head Girls organised an excellent scavenger hunt! Students were racing around the school to solve clues, recreating album covers and identifying which baby photos belonged to members of staff. It was wonderful to see students having fun, working together and continuing to strengthen friendships across the year group.

Overall, the day struck an excellent balance between practical preparation for life after Sixth Form and an opportunity to celebrate the strong sense of community and sisterhood that continues to develop within Year 12.

We were also delighted to welcome back former student Poppy D, who spoke to the year group about her experiences as a first-year Criminology student at Loughborough University. It was a fantastic opportunity for our Year 12 students to hear directly from someone who was in their position only a short time ago and to gain an honest insight into university life.

**Miss Robinson**  
**Head of Year 12**



## YEAR 13

Year 13 have been fully engaged, and giving their all, in exams this week. All students have been punctual and prepared.

Do continue to be proactive with how you can assist with revision, ensuring breaks are taken.

Just a reminder about study leave arrangements:

- Students will attend lessons for their subjects up until the exam or the BTEC deadline is met and the student is signed off by their BTEC teacher.
- Students do not need to attend morning registration.
- Students will tap in and out via the Sixth Form common room.
- Students are able to attend school to study in the workrooms when not in lessons, but they will need to sign in and out in the Sixth Form common room using the card tap in system.
- When students have an exam, they do not need to attend lessons on that day or the day before.
- The Exams team have shared personalised exam timetables with students. We ask that all students be available from the 11th of May to the 24th of June to sit A level examinations.

**Miss Ishola**  
**Head of Year 13**



# Curriculum Focus: Art & Photography



The summer term has been characteristically busy within the Art Department, with students across all year groups engaging enthusiastically in a wide range of creative projects.

Year 7 students have enjoyed the opportunity to extend and challenge their drawing skills through studying the work of artist Angie Lewin. They have explored the close links between her work, nature, and mathematical concepts such as mirroring, repetition and tessellation. The design work they have produced will be developed further through a range of exciting printmaking processes.

Year 8 students have recently completed their self-portrait projects, which have challenged them to revise and refine their work over time. Through self-reflection and peer critique, students have developed a deeper understanding of the importance of evaluation and improvement in the creative process.

Our Year 9 Extended Curriculum students have thoroughly enjoyed an engaging project led by Ms Hilton, inspired by Mexican alebrijes. Students created their own hybrid animal sculptures, thoughtfully incorporating elements of their personality and imagination into their outcomes.

Year 9 Art and Photography students have begun their sustained coursework projects following an intensive and challenging mini-project designed to build technical skills and confidence in their chosen disciplines.

Year 10 Art and Photography students continue to develop their sustained projects, making their work increasingly personal and meaningful with support, guidance and feedback from their teachers.

The department would also like to congratulate our Year 11 and Year 13 Art and Photography students on the successful completion of their externally set assignments and coursework. Well done to all—your hard work, commitment and creativity are evident, and we are extremely proud of your achievements.



## CHSG Sustainability Tip of the Week



### CHSG Sustainability Tip of the Week

#### Walk to School Week (May 17-23)

**"You're off to great places! Today is your day! Your mountain is waiting. So... get on your way!"**

**— Dr. Seuss.**

**Students:** Walking to school helps keep your body healthy, your mind ready to learn, and the planet cleaner by reducing car pollution. Every step you take helps create fresher air for everyone.

**Parents:** Small journeys, big impact!

Walking to school together is a great way to spend time as a family while helping reduce traffic, noise, and carbon emissions around the school gates. A cleaner journey today helps protect tomorrow's world.



# CHSG SAFEGUARDING

## UNDERSTANDING MISOGYNY, THE “MANOSPHERE,” AND COMMUNITY SAFETY

The “manosphere” refers to online communities, influencers, podcasts, and forums that promote harmful ideas about women, relationships, masculinity, and power.

Some of this content encourages:

- Disrespect or hostility towards women and girls
- Controlling behaviour in relationships
- Sexual harassment disguised as humour
- Victim-blaming attitudes
- Aggressive “alpha male” stereotypes
- The idea that girls should be submissive or “know their place”

Teenagers may encounter these messages through social media platforms including TikTok and YouTube, Podcasts, Gaming chats and Discord groups. While the content often starts as “jokes” repeated exposure can normalise harmful attitudes and behaviour.

**Misogyny** is prejudice, hostility, or discrimination directed towards women and girls simply because of their gender. It can range from sexist jokes and degrading comments to harassment, intimidation, controlling behaviour, abuse, and violence.

### The Impact on Teenage Girls

For many girls, misogyny is not limited to online comments. It can also appear in:

- Public transport
- Parks and shopping areas
- Sports clubs
- Parties and social gatherings
- Friendship groups and relationships.

Girls may experience:

- Sexual comments or intimidation
- Pressure to share images
- Rumours or online humiliation
- Harassment in public spaces
- Fear of speaking up
- Controlling behaviour from peers or partners
- Feeling unsafe within their own community.

Even behaviours dismissed as “banter” can seriously affect emotional wellbeing and self-confidence.

### Why This Is a Safeguarding Concern

Misogynistic behaviour is increasingly recognised as a safeguarding and wellbeing issue because it can contribute to:

- Emotional harm
- Anxiety and isolation
- Harmful sexual behaviour
- Coercive relationships
- Bullying and peer abuse
- Exploitation and abuse.

Safeguarding guidance encourages schools and youth organisations to respond seriously to:

- Sexual harassment
- Sexist language
- Public intimidation
- Image-based abuse
- Gender-based bullying
- Controlling behaviour in relationships
- Harassment in community spaces.

### Signs Parents May Notice

Teenagers may not always openly discuss experiences of harassment or misogyny, but parents might notice:

- Changes in friendship groups
- Reduced confidence or self-esteem
- Reluctance to attend clubs or events
- Emotional distress after being online
- Fear of walking home or attending certain places
- Secretive behaviour around phones or messages
- Withdrawal from hobbies or activities they previously enjoyed.

Some girls may minimise incidents because they fear being blamed, not believed, or told they are “overreacting.”

Continued on the next page....



# CHSG SAFEGUARDING

## Supporting Your Daughter's Wellbeing

One of the most protective factors for young people is having trusted adults who listen calmly and without judgement.

Helpful approaches include:

- Regular conversations about friendships, relationships, and safety
- Discussing respect, consent, and healthy behaviour
- Encouraging girls to trust their instincts
- Reassuring them that harassment is never their fault.

## Reporting Online Concerns

If harmful behaviour happens online, encourage young people to:

- Avoid engaging with abusive content
- Save screenshots or evidence where safe
- Block the account
- Report the content on the platform

## Reporting Concerns in the Community

Parents should report to local Police or Transport Police any concerning behaviour occurring.

Situations that should always be reported include:

- Sexual harassment or intimidation
- Threatening and verbally abusive behaviour
- Image-sharing without consent
- Stalking or persistent harassment
- Coercive or controlling behaviour
- Hate incidents targeting women and girls
- Unsafe behaviour in public spaces

Teenage girls today are navigating both online and offline environments where misogyny and harmful attitudes can sometimes feel normalised. Staying informed, listening openly, and acting early when concerns arise, ensures parents can play a vital role in protecting their daughter's wellbeing, confidence, and sense of safety.

## Yellow Accessory Day – Friday 22nd May

On Friday 22nd May, the last day of this half-term, we will be holding a Yellow Accessory Day to commemorate our colleague and friend, Pauline Mellish, who sadly passed away last May. Ms Mellish worked as the Attendance Officer at Carshalton Girls for over 20 years and is greatly missed by us all.

To honour her memory and celebrate her love of daffodils, students and staff are invited to wear yellow accessories, such as socks, headbands, tights or nail varnish. We ask for a voluntary contribution of £1, which will be donated to the British Heart Foundation. Donations can also be made via Arbor; however, students can still bring in £1 on the day.

There will also be a special online assembly for the whole school, and yellow ribbons will be distributed.

We look forward to coming together as a school community to remember Ms Mellish and support this important cause.

# ARBOR HOW-TO



## Report an absence

1. Log in to Arbor
  - Open the Arbor Parent Portal in your browser or the Arbor App
  - Enter your email address and password
2. Select your child
  - If you have more than one child, choose the correct child from your dashboard
3. Go to 'Attendance' or 'Report Absence'
  - Look for the **Attendance** section
  - This can be found under **Quick Actions** or on the dashboard under **Statistics**
  - Click **Log Absence**
4. Enter absence details
  - Select the time students will be absent
  - Add a reason
5. Submit the absence
  - Click **Log Absence** to send the information to the school

Arbor can only be used for same day absences. Future absences and appointments cannot be logged on Arbor and an email must be sent to: [attendance@carshaltongirls.org.uk](mailto:attendance@carshaltongirls.org.uk)



## Sign up for a trip or workshop

1. Log in to the Parent Portal or Arbor app.
2. Click **Activities**, then **Trips**.
3. You will see any trips available to your daughter.
4. Click on the trip you wish your child to join.
5. If sign-ups are open, a green button will appear saying "Sign up (your daughter's name) for trip."
6. Click the button and then click the **Make Payment** or **Add Consent** button and complete the steps to sign-up. Please make sure the Consent button is ticked.
7. If the trip can be paid in instalments, please refer to the description to pay the correct deposit amount to confirm your daughters place, as this could be different to the minimum instalment available.

Workshops and prom payments will also show on Arbor as trips.



## Top-up meal account

Logging your child's absence is quick and easy using the Arbor Parent Portal or App.

1. Log in to Arbor
  - Open the Arbor Parent Portal in your browser or the Arbor App
  - Enter your email address and password
2. Select your child
  - If you have more than one child, choose the correct child from your dashboard
3. Go to **Payments** or **Accounts**
4. Select Meals
5. Click green **Top up account** button
6. Enter the amount you wish to add
7. Click **Pay now**
8. Follow the secure payment steps using your card
9. Confirm the payment

Arbor does not facilitate automatic reminders in the way that ParentPay did. Please check your daughter's account balance regularly and top-up her account in good time to avoid going into deficit.



## Need help?

If you have any difficulties accessing Arbor, please contact the school office for support.



 **Carshalton High School for Girls**

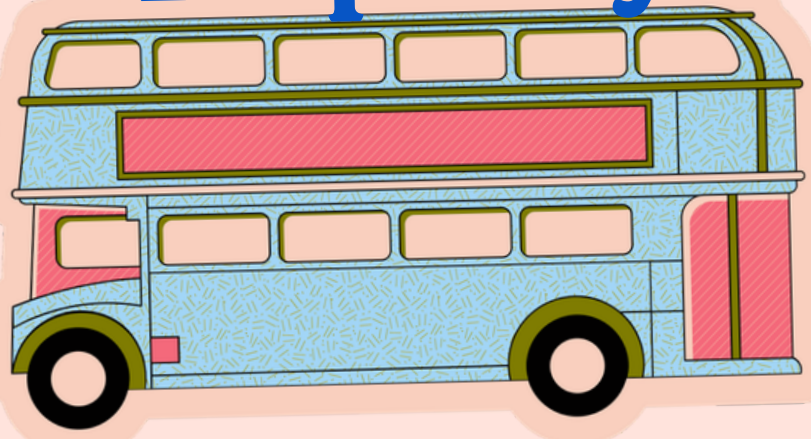
# CHSG TRIP DAY 2026



Thursday 16<sup>th</sup> July  
Sign up on Arbor portal!



## Trip Day





# BRAND-NEW DANCE CLASS BY *She is you* AT THE PHOENIX CENTRE

NEXT SESSION  
16TH MAY  
2-3:30PM

*she*  
*is you.*

everyone  
ACTIVE

We're delighted to invite women and girls aged 16+, including those with informal caring responsibilities or those working/volunteering in formal caring roles.

## What are these classes?

- These classes are perfect for women looking to become more active, meet new people, and learn a variety of dance styles, in a friendly, supportive environment.
- New theme to learn each month.
- Classes will take place in the dance studio at Everyone Active, The Phoenix Centre.
- Classes led by the 'She is you' group.

## What are these classes?

- Classes will run monthly.

## What do they cost?

- Classes are free of charge



Register here

Scan the Qr to book your space online today

# S

## SPEAK

Are you worried about plans that are being made amongst friends?  
Has someone said or done something that you feel worried about?

Speak with a trusted adult and they can help you. Always speak with a trusted adult about any plans you make, and make sure they always know where you are.

# A

## ADVICE

Ask for advice from a Parent/carer, teacher or Childline.

Are you being asked to do something that makes you uncomfortable? Is there something that doesn't feel right? Everyone needs advice sometimes. You're not by yourself and help is available. Speak to a trusted adult or contact Childline on 0800 1111.

# F

## FRIENDSHIP

Friendships should be positive, caring and respectful. Friends should be there to support each other.

A certain amount of conflict in any friendship can be normal, and disagreements do happen even with really close friends. But if your friends are taking part in an unsafe situation and asking you to do the same, this is not something a friend should do. Speak to an adult you trust straight away and get some support.

# E

## ENVIRONMENT

Everyone has the right to a safe environment.

If you're out with friends, or in an environment that seemed positive, but now may not be safe, make contact with a trusted adult. Make plans with your trusted adult in advance so you know what to do if you need help.