



Carshalton High School for Girls

NEWSLETTER

FRIDAY 12 JUNE 2026

Dates for your diary

Week 2/B

15.06.26 - Year 10

Geography trip to Stratford
- second group

17.06.26 - GCSE and A
Level Phantom of the
Opera trip

19.06.26 - Year 9 History
trip to the Somme

19.06.26 - Borough Sports
trip

20.06.26 - DofE bronze
training expedition.

Week 1/A

23.06.26 - Year 12

Geography trip to London
Wetlands

23.06.26 - Animal Care trip
to Epsom Jockey Club

24.06.26 - Difference
Matters - Youth Leadership
Summit

24.06.26 - Year 9 London
Dungeon trip

25.06.26 - Student Council
meeting

26.06.26 - Year 13 Prom.

Welcome

As we move towards the end of another busy and successful week, it has been wonderful to see our students continuing to demonstrate enthusiasm, resilience and a strong sense of community.

This week, we celebrated Pride with a whole-school assembly, reflecting on the importance of inclusion, respect and belonging. Students also supported our Pride fundraiser for Free2B, raising an impressive £270 through the purchase of cakes, rainbow badges and other colourful items. This was organised by Year 12 students, who showed impressive leadership in their planning and organisation. Thank you to everyone who contributed and helped make the event such a success.



We were also excited to launch our final Spotlight Attendance Competition of the year. With our "Be In To Win" initiative, students with excellent attendance have the chance to receive £10 gift vouchers on any given day, providing another incentive to be in school and making the most of every learning opportunity.



Academically, our students have continued to show great commitment to their studies. Years 7, 8 and 9 successfully completed their Summer examinations, approaching the assessment period with maturity and determination. Meanwhile, our Year 11 and Year 13 students have continued with their GCSE and A Level examinations, demonstrating impressive focus, resilience and perseverance throughout this demanding period. We are incredibly proud of the effort and dedication shown by all of our students.

We are looking forward to our School Trip Day on Wednesday 16 July, an exciting and valued part of our enrichment programme. Each year group has chosen a unique experience for the day: Year 7 will enjoy a bowling trip, Year 8 will take part in an engaging rap workshop, Year 9 will attend the theatre, and Year 10 will visit the zoo. To ensure your daughter can participate in her year group's activity, please complete the sign-up process on Arbor by Friday 26 June.

As this is a normal school day, all students are expected to attend. Any absence on this day will be recorded as unauthorised unless there is a valid reason. Students who do not sign up for a trip will remain in school and follow a programme of supervised learning activities. We strongly encourage all students to take advantage of this opportunity to enjoy a memorable experience, develop new interests, and enrich their learning beyond the classroom.

Thank you, as always, for your continued support, and we hope you enjoy reading about the many achievements and activities highlighted in this newsletter.

Mrs Durrett
Assistant Headteacher



Celebrating *Pride* month



★ NOTICES

**Arbor**

Meal balances reminder

Please check meal balances on Arbor regularly. As Arbor does not currently offer an automatic top-up facility, and reminders are not sent when a balance falls below zero, we recommend monitoring your daughter's account to help ensure sufficient funds are available for meals.

Library News

The Community Library will be closed for loans from 19th June. Students will be able to enter the Library to bring in their returns which must be in before 3rd July after which fines will be incurred.

Please be aware that the library may be closed for exams on some days.

Second hand uniform request

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



SAVE THE DATE: Tickets will be available on the Arbor parent portal and on the night at the door

YEAR 7

Another busy and hard working week for Year 7 as they have continued to complete their assessments!

We are really proud of how Year 7 have been so resilient and shown maturity during the assessment period. They have worked really hard during this time.

This week we have been focusing on accountability and the importance of being responsible for our actions and learning. We have looked at how we can ensure we are being accountable and how this can support our development. We also discussed that making mistakes is part of learning and it is ok to make the mistake.

A gentle reminder that we are a smartphone free year group, and smartphones are a prohibited item within Year 7. Students are allowed "brick" phones and air tags on them. Please can we ask that you check that your child leaves their smartphone at home.

Just a reminder that if anyone has any news we can celebrate please do let me know as we really would like to celebrate all achievements within Year 7.

Ms Brice
Head of Year 7

Mental Health

Year 8 students are currently showing incredible positive work ethic, effort, resilience and focus as they complete their final week of assessments. For many of our students these exams pose a particular challenge; this is because they want to do well and they take such pride in their studies. For this reason, in our assembly this week Mr Callaghan chose to focus on the students' mental health. Mr Callaghan pointed out that mental health is important for everyone and nerves and a certain amount of anxiety during this exam period is natural. Mr Callaghan talked about ways we can improve our mental health and warned against some factors which might damage our mental health.

Mr Callaghan also gave the girls some tips on how to use breathing techniques to help calm feelings of anxiety when they suddenly arise.

There are of course many other ways that we support our young people every day at CHSG and there is a host of people that the students can talk to if they are ever feeling worried or anxious.

Student Shout-outs

Well done to Ivy M 8G1 who has received a letter from the House of Commons in response to her expressing interest in running for Youth Parliament. She and her family have been invited to a private tour of the Houses of Parliament.

We would like to congratulate Daisy D in 8G2 for getting a Bronze award in Junior Kangaroo. This is a massive achievement for her and for CHSG Maths. We applaud her for her resilience, spirit and sisterhood. She is a regular visitor to our Tuesday maths club, enjoying it and bringing a smile to our faces.

Congratulations also go to Esmé. Esmé achieved outstanding success at the English Gold Tumbling Championships in Telford last weekend, finishing as the 2nd best tumbler in England in FIG (World Gymnastics) for her age group. She placed 3rd out of 18 in the qualifiers and went on to secure 2nd place in the final out of 9 competitors, achieving the highest difficulty score of 4.8. This is an exceptional accomplishment in her first year competing at World Gymnastics level.

Many thanks as always

Mrs Devaney
Head of Year 8

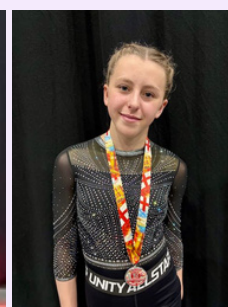
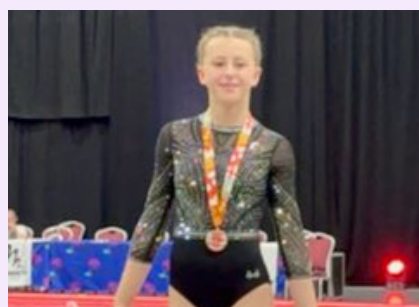
What charges your battery?

- Have a think about what helps to charge your battery

Breathing Exercises

- Box breathing
- Finger breathing
- Candle breathing

Carshalton High School for Girls





YEAR 9

Another busy week for Year 9. Firstly we would just like to say well done in the completion of all of your exams – your effort and hard work with both revision and conduct during exams has been exemplary.

On Thursday I presented an assembly about accountability and taking ownership of mistakes when they happen and possible strategies on how to deal with situations in a better way.

Reminders:

- Please make sure you sign up for the trip day on 16th July if you haven't already – details on Arbor
- The DofE expedition is next week – we wish all the students involved well for this and hoping the weather is ok!

Uniform Reminders

- Fake nails/extensions are not allowed as they can pose a significant Health & Safety risk, particularly in P.E and practical subjects.
- Please remember to bring in your phone pouch, if a student does not have it, their phone must be handed in and a detention will be set.
- Earrings – only 1 stud per ear is allowed.

Wishing you all a lovely weekend.

Mr. Osborne
Head of Year 9

YEAR 10

With Year 10 mocks beginning in less than two weeks, students have been busy revising in lessons. Students should be aware of the dates of all of their exams and have an understanding of what the structure of their exams look like. They will also be given a physical empty timetable so that they can structure their revision and manage their time realistically. If there are any concerns, please encourage students to speak directly to their subject teachers.

As this stressful period approaches, it is important for students to be having a healthy sleep schedule and make sure that they are taking 'brain breaks' in between revising. Whether it be having a snack, doing some exercise or having a nature walk – rest is vital!

On Monday and Tuesday, there were interviews for our future Year 11 Head Girl. All students involved did brilliantly! We look forward to having a leadership team full of inspiring, articulate and caring young women. Official roles for the leadership team will be decided over the next week. Stay tuned...

Lastly, Ms Nedjai, the new Assistant Head of Year, also led an assembly on World Refugee Day. This was an insightful assembly highlighting current affairs, what it means to be a refugee and what the day represents. A special shout out needs to be given to Nazia A. At the end of the assembly, Nazia gave an incredibly moving speech describing her own journey from Afghanistan to the UK and how thankful she is to have access to education. This was a beautiful moment that students reflected on and felt gratitude for their access to a safe, free school.

Have a lovely weekend and enjoy the sunshine!

Mrs Pearce
Head of Year 10





Carshalton Girls Sixth Form Induction 2026

Monday 6th – Tuesday 7th July

What to expect:

- Assembly
- Team building
- Lesson tasters
- 1:1 subject choices appointment
- Summer bridging work

Dress code:

Smart and comfortable (no revealing clothing, no offensive or political writing on clothing, skirts and dresses of a reasonable length, smart shoes or plain black trainers, plain leggings under an outfit, natural hair colour)



Confirm place here:

<https://forms.cloud.microsoft/e/NAV6nGCwGi>
by Friday 26th June

Food will be available for purchase in the Sixth Form canteen by either using Arbor or a debit card.





YEAR 12

With the Year 12 exam season fast approaching, revision schedules should now be fully embedded into students' weekly routines. At this stage, students should be focusing on consistent use of high utility revision strategies and making the most of their study periods both in and out of school.

It has been fantastic to see that the vast majority of students have now secured their work experience placements for 6th - 10th July. For the small number of students who have yet to confirm a placement, Mrs Phelps-Gardiner will be working with them individually early next week to help secure a suitable opportunity. Looking ahead, students will soon be introduced to their Post-18 Pathway Booklets. Developed by the Sixth Form team at CHSG, these booklets are designed to guide students through the process of writing a strong personal statement with the support from their form tutors and subject mentors, for university applications. The skills developed through this process are also highly transferable, as personal statements can often be adapted into covering letters for apprenticeship applications too. We look forward to supporting students as they begin preparing for this important stage of their post-18 journey.

Finally, a reminder about our Year 12 reward trip to Chessington World of Adventures on Friday 3rd July. Please ensure that you have completed the consent process for your daughter via Arbor as soon as possible if you would like her to attend, final numbers need to be confirmed early next week. This trip is a celebration of the outstanding effort, resilience and commitment shown by Year 12 throughout the academic year and is a well-deserved opportunity for students to relax and enjoy time together. Students who do not wish to attend will be expected to attend school as normal. It would be wonderful to have the entire year group celebrating together as we mark the end of a successful year.

Thank you for the continued support.

Miss Robinson
Head of Year 12

YEAR 13

With only 4 exams remaining, we want to acknowledge the Year 13 cohort for their focus and effort in revision sessions, during independent study and in exams. Students have settled quickly to ensure exams have started promptly. We ask you keep checking in with your child, if they still have exams to complete, to ensure they are getting enough sleep, eating well and getting regular rest breaks.

If your child has completed all exams - a huge congratulations to them. This is now time for them to get some well-deserved rest and prepare for their post-18 destinations; do refer back to the letter sent by Mrs Norman regarding A Level results and UCAS for the outline of the day and guidance for wider aspects of post-18 education and pathways.

Miss Ishola
Head of Year 13

SAVE THE DATE

Carshalton High School for Girls
**Art & Photography
Exhibition
2026**
Thursday 9th July
4-6.30pm
F-Block

Artwork by Megan D, Nina K, Hafsa A and Pheobe L.





Head Student Leaders



Meet Our New Head Student leader: Isla H

I am currently studying A Level Philosophy, English Literature, and Sociology!

In the future, I hope to attend university and earn a degree in Philosophy. I am passionate about exploring ideas, questioning assumptions, and understanding different perspectives.

My aim as Head Girl is to create a more connected and inclusive school community where every student feels heard, supported, and represented. I also hope to encourage greater involvement in volunteering and community initiatives, helping students make a positive impact beyond the school gates.

Fun fact - " I have been to over 30 concerts ! "

Meet Our new Head Student Leader: Chloe W

I am currently studying Child Development, Health and Social Care, and Psychology. I am aiming to complete a degree apprenticeship in Occupational Therapy.

As Head Student Leader, I hope to further promote the Sixth Form and support younger students in their studies, helping them to develop confidence and pursue leadership opportunities.

Fun fact - " I am a level 10 trampolinist and have been training for over 8 years!"



Meet Our new Head Student Leader: Daisy L

I am currently studying History, Politics, and English Literature, and I hope to attend university to study Law and pursue a career as a lawyer.

As Head Girl, I hope to encourage greater political participation among young women and help build an even stronger sense of community at Carshalton Girls.

Fun fact - "I have been to almost 30 concerts and my favourite artist is Olivia Dean!"



CHSG ONLINE SAFETY

New Plans to Protect Children from Nude Image Sharing

The government has announced plans to strengthen protections that prevent children from taking, sharing or viewing nude images on smartphones and tablets. The proposals aim to reduce risks such as online grooming, sextortion and child sexual exploitation.

Parents are encouraged to talk regularly with their children about online safety, consent and the risks of sharing images online.

[Link: New plans to stop children taking, sharing or viewing nude images - GOV.UK](#)

WhatsApp parent managed accounts

With the exception of YouTube, WhatsApp has always been one of the most popular messaging apps. This has always been a concern for a lot of different reasons, but, Meta have now created parent-managed accounts.

Similar to other parent-managed accounts, a parent will pair their device/account to the child's device/account which then gives a lot of flexibility such as:

- No 'view once' messages.
- No location sharing.
- Messages and group invites from unknown contacts sent to the parent for approval.
- Parent notifications, such as new contact added.

[Link: WhatsApp parent-managed accounts - explained.](#)

[Link: How to set up a parent-managed account.](#)

Being Safe Online A Practical Toolkit for Families

The Molly Rose Foundation has some wonderful resources for parents including guides and other resources. One of these guides helps families understand who and what may be shaping a child's online world and how these influences can affect mood, confidence and safety. To download this guide and check some of the other resources see the link below.

[Link - Molly rose Foundation - A Practical Toolkit for Families](#)

Steam Parental Controls

Steam is a huge digital distribution platform for PC gaming and hugely popular with children and young people. Steam acts as a storefront, installer, launcher and social network for 30,000 games. Because of the vast range of games, some of which will not be suitable for children, it's important that parents understand the controls that are available to them on the Steam platform. Internet Matters have a 1-minute video on YouTube which will help with this.

[Link - Parents video guide to Steam parental controls.](#)



CHSG Sustainability Tip of the Week

Clean Air Day 18th June

Clean air is something we all share. By making thoughtful choices, we can help create a healthier environment for ourselves, our community and future generations.

Students: Walk, scoot or cycle to school if you can, or enjoy part of your journey on foot. Every step helps to keep our air cleaner and our bodies healthier.

Parents: Consider leaving the car at home for one short journey this week. Choosing to walk, cycle or share lifts can help reduce pollution and improve the air we all breathe.





Curriculum Focus: Biology

Year 7

Our Year 7 biologists have finished their topic on Body Systems, where they have completed their learning about our amazing human bodies. They are now moving on to the fascinating topic of reproduction, where they will learn about how their life began and how different organisms go about this amazing process in so many different ways.

Year 8

Our Year 8 biologists have finished learning about the two most important biological processes on Earth: Respiration and Photosynthesis. They have also been honing their practical skills, which they will return to throughout their course. They have approached the end of Ecosystems and Adaptations, where they have learnt about the variety of environments and organisms which inhabit our Earth and how each species is so perfectly adapted to its environment. They are now studying inheritance, learning how features are passed on from one organism to another.

**Year 9**

Our Year 9 biologists have just finished the topic Organising Animals and Plants. In this topic they have learnt about the incredible processes that our bodies carry out which keep us alive. They have carried out the much-anticipated heart dissection, which is always a popular event on the Biology calendar. They have also learnt about the transport processes in plants. They are now moving on to Infection and Response where they will learn about the microscopic organisms which have such a huge impact on our world and what we can do to keep our population as safe as possible.

Year 10

Our Year 10 biologists have finished learning about the nervous system, where they covered the amazing network of nerves and the electrical impulses which allow us to sense our environment and respond to it. They are now looking into the human endocrine system, learning about the fascinating world of hormones and how these amazing chemical messengers have such an impact on our lives.

Year 11

Our Year 11 biologists have completed both Biology papers 1 and 2 and the feedback has been fantastic! After their final exam they will be enjoying a very well-deserved long Summer holiday.

Year 12

Our Year 12 biologists have finished their topics on Mass Transport in Animals and Immunity. They have completed the much-anticipated heart dissection and learned about the amazing world of disease and how our bodies are constantly keeping us safe without us even thinking about it. They are now getting a head start on their year 13 content, moving on to the mechanics of photosynthesis and learning about the many nuances within this process which they did not cover at GCSE.

Year 13

Our Year 13 biologists have completed their Paper 1 and at the time of writing this are currently in their Paper 2 exam, which I hope is going well! They should be incredibly proud of their efforts and I look forward to seeing them on results day.



Carshalton High School for Girls

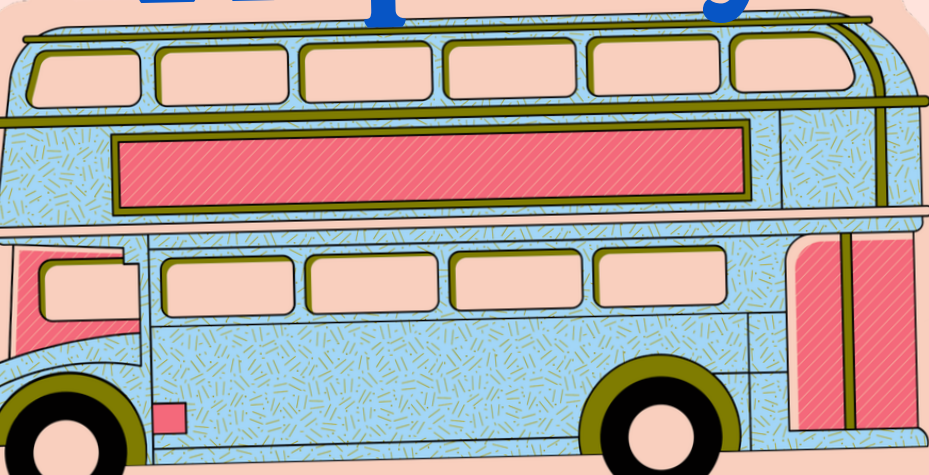


CHSG TRIP DAY 2026

Thursday 16th July

Sign up on Arbor portal
Deadline 26th June!

Trip Day



supreme SEND Specific

Any Age

FREE
for those
eligible for
benefits-related
Free School
Meals

*Eligibility is based on benefits-related Free School Meal criteria. Universal Infant Free School Meals do not automatically qualify.

27th July – 20th August 2026

Monday – Thursday 10am – 2pm

Supreme's SEND Specific/exclusive Summer HAF Club provides a safe, nurturing, and fun environment where children and young people can learn, explore, and build confidence during the school holidays.

Designed specifically for children with Special Educational Needs and Disabilities (SEND), our camps offer tailored activities, experienced support staff, and a fully wheelchair-accessible venue to ensure every child can participate comfortably and confidently.

Activities May Include:

Sensory Play	Arts & Crafts	Cooking sessions	Music & movement	Interactive games
Outdoor Play	Educational Workshops	Soft Play & Calming Spaces	Community trips	

We understand that every child is unique, which is why we work closely with families to provide the right level of support, including personal care and additional needs support where required.

Our experienced team creates a welcoming environment that encourages social development, independence, creativity, and most importantly – fun! We believe every child deserves an enriching holiday experience.

Features of our camps



Fully wheelchair friendly venue



SEND-trained staff



Personal care support available



Inclusive and structured activities



Safe & supportive environment



Opportunities to build friendships & confidence



Scan to Register via our site



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



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.

Dear Parent/Guardian

IFG proudly serves over 800,000 students' nutritious meals each day. Our award-winning teams are dedicated to serving vibrant, appetizing food, freshly prepared on-site using quality ingredients. To enable us to continue doing this, our meal tariff will increase by 2.7% and Free School Meal Allowance to £2.90 from September 2026. The great news is that we have frozen all fruit, yoghurt and salad dish prices. Below, we have outlined some of the cost pressures which have driven this increase.

Food Inflation: We buy British and support our local economy where possible, but due to global unrest, we have seen food inflation of 3.7% with predictions of food inflation to reach 9% by the end of the year. The increase is not only in the cost of delivering to our sites but also in the products we purchase. We have robustly negotiated and mitigated with our suppliers, ensuring we maintain quality; however, increases have persisted across all products and ingredients we buy.

Employee Funding & Retention: In April, the Government increased the minimum wage by 4.1%, a positive move which will ease cost pressures for many of our colleagues. Alongside this, to retain and attract a high standard of leadership, we have increased wages for supervisory and managerial roles. Despite these positive advancements, the combination of these factors has led to significant ongoing cost demands across our industry, many of which we have absorbed.

We continue to seek ways of mitigating the costs associated with these challenges; however, we refuse to compromise on ingredients or service standards. We remain proud to serve a home-cooked main meal and dessert, as well as other options. We truly believe we offer students innovative dishes which rival the high street, whilst providing families with great value for money.

Through partnering with schools, we continue to see more students enjoying our services. Whilst this is great news and tells us our menus are popular with students; we are always looking to encourage more young people to dine with us. If you have any feedback, we would love to hear from you.

We hope you understand our position and that your family can continue to enjoy our services. We remain open and honest about our challenges and will continue to seek your input. Should you wish to discuss this letter, or anything else relating to your catering service, please get in touch.

Kindest regards

Bryan Lygate

Chief Operating Officer