October 2026

Year 8 newsletter

Dear parents and carers,

Year 8 students have made an excellent start to the year. They have settled into school routines exceptionally well and have shown maturity and determination as they rise to the academic challenges of their new curriculum. We are particularly proud of their fantastic efforts in supporting the Sutton Foodbank. Through their own generosity and encouraging other to donate, an incredible 155.5kg of food, filling 11 crates, will go to local families in need. This achievement highlights the importance of supporting our local community and demonstrates the kindness and social responsibility shown by Year 8. Well done to all students for such a positive and successful start to the year.

Warm regards,
Dr J Thomas-Cole, Head of Year 8



Key dates

19th October – 30th October: Half-term break
Monday 2nd November: school starts at 9:55am
Friday 13th November: INSET Day– school closed to students
Thursday 10th December: Late start for all pupils – school starts at 9.55am
Friday 18th December: Early finish – school ends at approximately 12:20pm

Useful information

- Leave of absence requests for one day of absence should be made **at least two full school days** in advance of the event. Requests for longer leave of absence (more than one day) must be made **at least two weeks in advance**.
- *For more information, visit* Reporting your child's absence from school

PSHE sessions

Year 8 students will be exploring the PSHE topic of Physical and Mental Health. Through a range of engaging lessons, students will develop their understanding of mental wellbeing, including learning about anxiety, common mental health conditions, and strategies to support positive mental health. They will also discuss the importance of maintaining a healthy balance in their lives, considering how moderation can help promote both physical and emotional wellbeing. In addition, students will have the opportunity to hear from an external guest speaker, who will deliver a careers-focused talk, providing valuable insights into future pathways, skills, and opportunities.
The full PSHE curriculum can be accessed here: Nonsuch High School for Girls - PSHE Years 7-13

Year 8's overall attendance this term was 98.4%. This an excellent start to the year.
A remarkable 167 students had 100% attendance. Good attendance is crucial for your child's education, development, and wellbeing. We encourage all parents to consult the official NHS "Is my child too ill for school?" guidance when unsure, and to contact the school if you need further advice or support.

Pastoral support resources



Pastoral support

We have a range of support services available in school to help your child should they need some extra support. These include a school counsellor, ELSA, pastoral support officer, mental health champions and peer mentors. Please contact your child's Head of Year directly should you have any concerns.

TALK TO US OFF THE RECORD

Off The Record

At our free online workshops we share practical tips and info about issues you might be struggling with and there is also the opportunity to meet other young people and share ideas in a safe and confidential chat room and Zoom (there is no pressure to appear on camera)

Education Wellbeing Service

Children's and Young People's Wellbeing Service

The South West London and St Georges Mental Health Education Wellbeing Service offers parent webinars across the year to help support your teen's wellbeing and mental health. Sign up here

They also have a very helpful YouTube channel with videos on a number of different topics surrounding young people's mental health.