



THE WALLINGTON WEEK

MESSAGE FROM THE HEAD TEACHER

Welcome to our first newsletter of the new term. I would like to extend a particularly warm welcome to our new Year 7 and Year 12 joiners and their parents. I hope that you find our weekly newsletters useful in keeping you up to date with what has been going on in school. You can also visit the school website as well as follow the school on twitter.

Congratulations to all of our students on their achievements at A Level and GCSE this summer. This year saw the reintroduction of public examinations since the pandemic and this summer's results were as follows:

At A level, 65.0 % of grades at A*/A and 33.2 % at A*. Just over half of the cohort achieved at least three A or A* grades in their A level subjects. Over two thirds of the year group went on to their first choice university with seventeen students securing places at Oxbridge.

At GCSE, 91.24% of all grades were grade 7 or better with 49.4% grades were grade 9. Nineteen students achieved ten grades 9s or better

These impressive results reflect the enormous amount of hard work and resilience that students have shown following a tumultuous time. This is alongside the support and dedication of the staff and not forgetting the very important part that our parents play as well.

We also welcome a number of new staff this year: Miss E Cooper (English), Mr S Lawrence (Head of History and Politics), Ms V Keohane (English), Mr E Pattison (Physics), Mr S Coton (Physics), Mr D McCausland (Biology), Ms A Nielsen (Biology), Mr L Sanderson (Director of Science), Mrs I Spindler (Modern Foreign Languages), Miss S Wilson (Student Support Officer) and Miss M Gough (Assistant Headteacher – Pastoral & Student Support).

We also welcome Mrs P Copeland who is covering for a maternity leave in Theology and Philosophy.

The start of the new academic year is always a busy one including induction days and extra-curricular fayres. All students have settled in quickly and settled in well and it was good to see so many students at the various extra-curricular fayres signing up for various clubs and activities. This week sees the start of our extra-curricular programme, including after school clubs, and auditions for this year's school production, *Beauty and the Beast*, have already taken place.

We also held our first Parents Information Evening of the year for Year 12 parents and students. This was an opportunity to everyone through important information and guidance with regards to the next two years studying for A levels and how parents can help support their child during this time. It was also an opportunity for parents to meet their child's form tutor as well. Thank you to everyone that attended and a copy of the PowerPoint can be found on the school website.

We are currently have a number of opportunities available to join us here at Wallington High School for Girls as staff members:

- Librarian
- Student Support Officer
- Careers Administrator
- Lunchtime Supervisor
- Chemistry Teacher (maternity cover)
- Psychology Teacher (maternity cover)

Further details about these roles can be found on the school website here . Please tell your friends and family and ask them to contact the school if they are interested in any of these posts.



Finally, I wanted to inform you that, as part of a review of our uniform requirements (including costs), in the future, we will be changing our uniform supplier from Claddish to Stevenson's. There are no changes for the immediate future and parents should continue to use Claddish for new uniform. I will write to parents again when I have more information to share.

Have a great week.

MR R BOOTH
HEADTEACHER

OPPORTUNITY FOR PARENTS: HELP WITH CAREERS EVENTS

We are looking for parents and carers to help with our careers events over the coming school year. If you are interested in getting involved then please fill in the form found [here](#).

MR J PARKINSON
ASSISTANT HEADTEACHER

<https://forms.office.com/Pages/ResponsePage.aspx?id=FqwLD5I-3E6GjRHbRevYXN4XYaxCU3d-MiS8QfX6sxSpURTIIRUNPQ0FWTINQWFJKOVk-IWTc2VzjCQy4u>





MEDICAL PASSES AND MEDICATION

Medical Passes

If a student needs to take medication during the school day then they must be issued with a medical pass which will allow them to leave their lesson and visit the first aid room. Please email Miss Gough if you think this is something your child requires:

mgough@wallingtongirls.org.uk.

Medication

All medication should be stored in first aid for safety/safeguarding reasons with a parental permission form. If students do wish to carry medication it should only be enough for a midday dose, e.g. 2 x tablets to take either at break or lunch depending on any medication previously taken. Students are not permitted to carry boxes of tablets around school. Any questions, please contact Miss Gough.

FIRST AID AND MEDICAL APPOINTMENTS

First Aid

If a student is unwell during the school day the first aider will determine whether a child needs to be sent home. If a student is to be sent home then the first aider will contact home to make the suitable arrangements. Under no circumstances should a student phone home asking a parent/carer to be collected.

Medical appointments

If your child needs to leave school early for a planned medical appointment, parents /carers need to email the attendance address (below) at least 48 hours in advance. Students need to inform their Form Tutor in the morning, then the relevant subject teacher if they need to leave a lesson early. Students must report to reception when leaving the premises where they will receive an out of school pass.

If your child returns to school on the same day, they must report to reception on arrival in order to sign in. If there is an emergency medical appointment, parents/carers should email the attendance address by 9.30am on the day.

If your child is ill, parents/ carers should email the school by 9.30am every day they are absent stating the reason for absence. The e-mail address is:

attendance@wallingtongirls.org.uk.

PHISHING SCAM

We have recently been made aware of a phishing scam known as 'Hi Mum' that has been circulating through text message or instant messaging services, such as WhatsApp. The scam involves the impersonation of friends or family members in order to gain access to your personal information. We encourage you to read this article for guidance on identifying phishing scams and how to deal with them if you have been targeted - [Ineqe Safeguarding Group](#).

MISS M GOUGH
DESIGNATED SAFEGUARDING LEAD
ASSISTANT HEADTEACHER

https://ineqe.com/2022/09/12/scam-alert/?utm_campaign=Slender%20Man&utm_medium=email&_hsmi=225733939&_hsenc=p2ANqtz-9-6u2JHbqdBHH4TUa-Pg5x5oEPZrrp_grNX4XX4jYh0NIRT3y8vUqrVBlsqfme8sNnSTVRVW_3GsBFEMIZDqSe_5jLDSshXP_tMeYx4lafY4Kly09U&utm_content=225733939&utm_source=hs_email



SET TESTS

On Tuesday 13th September we held the SET for prospective Year 6 students. Just under 1,500 students sat the test at WHSG, spread over a morning and afternoon session. Thank you to everyone who organised or helped with the day including our own Sixth Form students and CCF who did an amazing job looking after candidates and managing queues.

MR R BOOTH
HEADTEACHER

PHOTOS OF THE DAY:





Sutton Wellbeing Service (Sutton CAMHS)

Autumn 2022 Newsletter

NHS
South West London and
St George's Mental Health
NHS Trust



Welcome back to the new school year and the first newsletter of the term. We are the Sutton Wellbeing Service, we work in your school to support students with emotional wellbeing, turn the page to find out more about who we are and how we can help you.

Top tips for returning to school after the summer holidays

We know that returning to school after a long period of time can sometimes feel a little daunting. You might have spent the summer relaxing, sleeping late and spending time with family or friends but it is now time to get back to your school routine. Below are some tips to help make that transition to school easier.

Look after yourself



To be your best self it's important to prioritise looking after yourself: make sure you get enough sleep (8-10hrs), drink lots of water, move everyday (walking, dancing or going to the gym), spend some time outdoors and make time to relax and unwind.

Build a routine



It can be hard to get back into the flow of things, building a routine can help to ease you back into school. A good routine should include a balance between doing your schoolwork and the things that you enjoy such as watching Netflix, gaming and spending time with your loved ones. Making a plan and writing things down also means you're much more likely to do them.

Set some goals



It's helpful to think about the year ahead, what would you like to achieve this year? Will you aim to join a new club, talk to new people, or work hard to improve your grades? Be specific about what you want to achieve and when you would like to achieve that goal (week, month). For guidance look at creating **SMART** goals online.

Build your support network

Think about who you have around you at home and school that you could turn to if you needed help over the next year such as: *your head of year, form tutor, mum or dad, and older sibling etc.*





Sutton Wellbeing Service (Sutton CAMHS) Autumn 2022 Newsletter



The Sutton Wellbeing Service provides support programmes for anxiety and low mood.

If you are starting to struggle with your mental health, we can work one-to-one with you to think about skills and strategies to help. We will work towards goals that you set to help you feel better.

We can meet with you at school, during the school day so that you can get the help when you need it.

What can we help with?

Anxiety /
Worry

Low
Mood

Stress

Sleep
issues

What young people have said about our service:

"My wellbeing practitioner was very understanding towards me and was very effective in teaching me about anxiety."

"I felt safe and comfortable talking about my thoughts!"

"This was the first time I opened up to someone and it was a good experience."

If you have been feeling anxious or low, a Child & Young Person Wellbeing Practitioner may be able to help you.



If you need support with your mood or anxiety, speak with your Head of Year, Pastoral Lead or Form Tutor and they can find the right support.



Sutton Wellbeing Service (Sutton CAMHS) Autumn 2022 Newsletter

NHS
South West London and
St George's Mental Health
NHS Trust

WHAT'S ON OFFER THIS YEAR?

22nd, 26th OR 27th

SEPT

**Mental Health during the teenage years -
an introduction and overview**
For year 7 & year 8 parents

**Supporting your teen through emotional storms - emotion
regulation skills and strategies**
For all secondary school parents

9th, 10th OR 15th

NOV

26th, 30th OR 1st

JAN/FEB

**Understanding and supporting anxiety
during the teenage years**
For all secondary parents

**Supporting and managing exam and
assignment stress: top tips and ideas for parents**
For all secondary parents - year 11 and 13 focus

13th, 16th OR 17th

MAR

4th, 9th OR 11th

MAY

**Understanding and supporting teen sleep:
an overview of the research and recommendations**
For all secondary parents



Scan QR code with your phone's camera to sign up for free via
eventbrite or search:

www.eventbrite.com/cc/secondary-parents-nhs-wellbeing-workshops-725989



**We also provide free 1:1 support programmes for parents to support with their child's
anxiety or behavioural challenges. Speak to your school to find out more.**



NHS
South West London and
St George's Mental Health
NHS Trust

Education Wellbeing Service



Upcoming Events For Secondary Parents 2022/23 Supporting your teenager's mental health webinars

**22ND,
26TH OR
27TH
SEPT**

Mental Health during the teenage years -
an introduction and overview
For year 7 & year 8 parents

**9TH,
10TH OR
15TH
NOV**

Supporting your teen through emotional
storms - emotion regulation skills and
strategies
For all secondary school parents

**26TH,
30TH OR
1ST
JAN/FEB**

Understanding and supporting anxiety
during the teenage years
For all secondary parents

**13TH,
16TH OR
17TH
MAR**

Supporting and managing exam and
assignment stress: top tips and ideas for
parents
For all secondary parents - year 11 and 13 focus

**4TH,
9TH OR
11TH
MAY**

Understanding and supporting teen sleep:
an overview of the research and
recommendations
For all secondary parents

We also provide free 1:1 early help support programmes for young people to
support with anxiety or low mood. Speak to your school to find out more

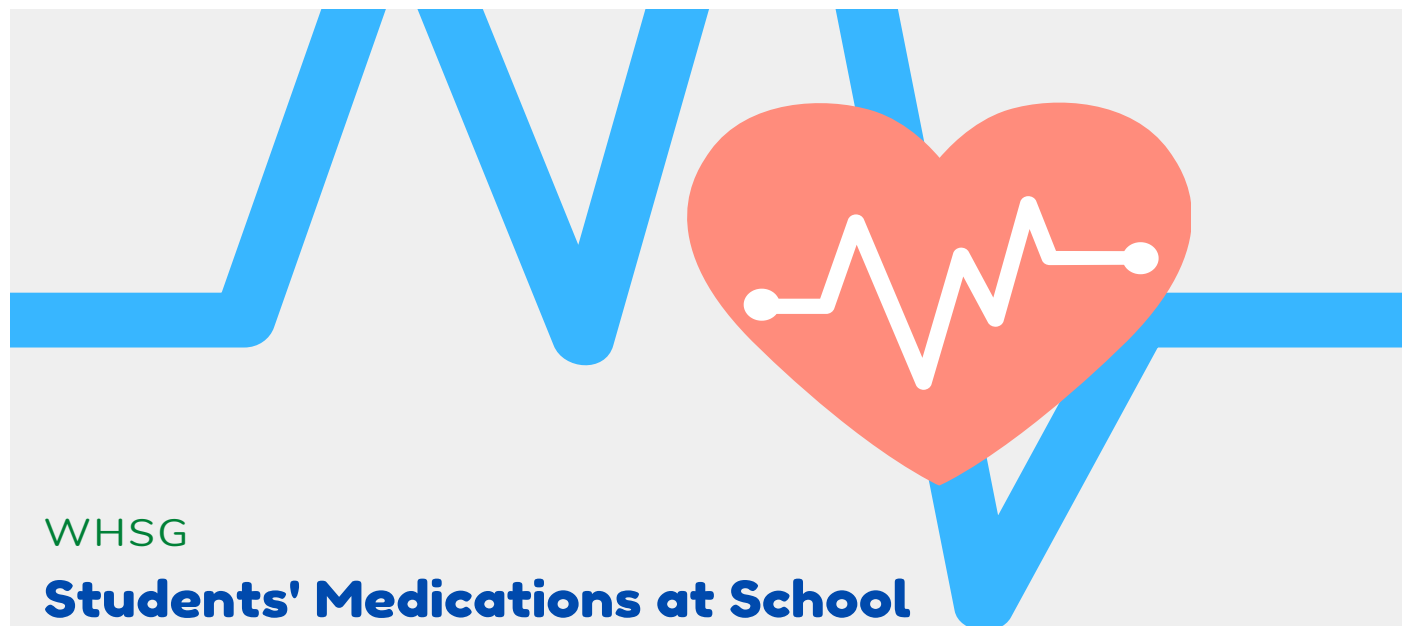
Scan QR code with your phone's camera to sign up for free via eventbrite or
search:

www.eventbrite.com/cc/secondary-parents-nhs-wellbeing-workshops-725989





MEDICATIONS NOTICE



WHSG

Students' Medications at School

If a student has a condition that requires any medication including Inhalers, Adrenaline autoinjectors (referred to as EpiPen) and/ or Antihistamines can parents/carers please ensure that they provide spare medication to the school.

In light of normal school protocol, it is vital that we have the correct medication on site for students in case of an emergency. We would ask that Parents/Carers send in / replace this medication as soon as possible, any expired medications must be collected where applicable.

We require all medication each to be accompanied by a completed Parental Permission Form, available from the school website by this <https://www.wallingtongirls.org.uk/page/?title=Student+First+Aid+%26amp%3B+Medication+Information&pid=105>

We would also ask that you would provide the school with replacement medication as soon as possible and when the expiry date is reached.

Enrichment activities are coming up next month, spare medications need to be provided before the activities to ensure they are available as some activities may be taking place off site.



SOUTH ASIAN DANCE CLUB

WEEK A TUESDAYS
DURING LUNCHTIME
IN THE DANCE STUDIO

JOIN for the vibes!

We will be playing
Tamil songs and
Bollywood songs.
Everyone is welcome.
Join in the fun, come
dance and meet new
people. Song requests
are welcome!





HEIRS OF THE PAST, MAKERS OF THE FUTURE