



Wallington

High School *For Girls*

HEIRS OF THE PAST, MAKERS OF THE FUTURE

THE WALLINGTON WEEK

MESSAGE FROM THE HEAD TEACHER

This will be the final Wally Week of the term and it has certainly been a very busy, and warm, end to the summer term.

Throughout all of last week we held our very first Culturefest celebration, aimed at celebrating the different cultures and wealth of diversity within the school. Events throughout the week included a fashion show, food stalls, performances as well as karaoke and a whole school dance challenge. All events were very well supported and it was a great way for students to share their different cultures and backgrounds with everyone. Well done to Miss Olulari and the EDI prefect team for organising.

We also held our annual Sports Day last week. This is always a highly anticipated event in our school calendar and due to the hot weather, we started earlier than usual to ensure that we avoided the hottest part of the day. As usual there was a great atmosphere, with everyone either taking part in the many events or sitting track-side or on the grass-bank and cheering on their respective houses. Pictures from the day can be found later on in this edition and thank you to Mrs Collins and the PE department for organising such an enjoyable day.

Following on from this, we held our annual Sports Awards Evening attended by around four hundred and fifty guests including students, parents and staff. It was a great to see this evening back on our calendar following the pandemic, providing a great opportunity to acknowledge the important role sport and dance plays in the life of the school. The main focus of the evening was to celebrate the success of all our teams across a wide range of sports as well as to give out individual awards. including the 'Wallington Sports Personality of the Year' award. Thank you to everyone that attended. ic year and to wish you a great summer break.

We started the final week of term with our 'Well Done Wallington' events for each group (with the exception of Year 8 who had to have their one moved to the final day of term). It was an opportunity to recognise the successes and achievements of each year group over the year as well as individuals. Awards included subject awards for effort and achievement along with school spirit awards in recognition of demonstrating outstanding school spirit. Well done to everyone, not just the award winners, for all their hard work and endeavours throughout this academic year.

For the remainder of this week students have been enjoying their enrichment week and all of the various activities that this entails. Tuesday's activities had to be changed at short notice due to the extreme weather. Despite this, students still got to enjoy a 'Stranded' team building day, an escape room, careers talks, an 'exploding book' project as well as creative writing. Events for the rest of the week include camping, young mariners on the Thames, a STEM trip to Brighton, a Musical Theatre day, an African culture fiesta as well as volunteering and water-sports on Thorpe Lake. Thank you to all of the trip/events leaders and especially to Mrs Collins and Mrs Shan for organising the week.

That just leaves me to remind you that students will finish school this on Friday at 12.30pm, to thank you for all your support this academic year and to wish you a great summer break.

MR R BOOTH
HEAD TEACHER



THE WALLINGTON WEEK

STAFF DEPARTURES

We have a number of staff leaving us at the end of term and I would like to thank them all for all their hard work and commitment during their time here at Wallington.

We have a number of staff who are retiring after many years of service to the school. They are Mrs V Watson (Head of Year 13, Higher Ed Co-ordinator & Economics/Business) and Mrs J Webster (Modern Foreign Languages).

We also say farewell to Mrs S McDonagh (History), Miss D Lowe (Director of Science), Mrs L Keenan (Science), Ms S Lloyd (English), Miss E Mason (English), Mrs M German (Assistant Headteacher – Pastoral), Miss L Finnigan (Mathematics), Miss E Olulari (EDI & KS3 Science co-ordinator), Miss H Choi (Physics), Miss Y Dowlet (Head of Year 9 and Physics) and Mr G Ironside (Mathematics).

Finally thank you to those staff that have been with us for this year covering staff on maternity leave or sabbatical: Mr M Hopwood (Computing), Miss R Peneda (Art), Mr N Sasson (PE), Mr K Foster (Theology and Philosophy) and Miss I Nixon (Science). We also say farewell to our Miss R Barham who has been training with us to become a History teacher as well as our Librarian Ms P Mitchell.

MR R BOOTH
HEAD TEACHER





SPORTS DAY -





SPORTS AWARDS CEREMONY -





BEAUMONT PRIMARY SCHOOL SPORTS DAY

Thanks to our students who helped run the Beaumont Primary School sports day last Friday. The Beaumont staff and parents were full of praise for all of their organisation, empathy and fun loving nature. They gave up their exam leave at late notice to run a wide range of events and it was appreciated by all. They showed true Wally Girl spirit to help out our local community. (See below).

MR J PARKINSON
ASSISTANT HEAD TEACHER



PSHCE DAY

On Monday Years 7 – 10 took part in our annual PSHCE Day where students learned about topics such as money management, first aid and mental health. Highlights included a talk on drugs to Year 9 from Asha Fowells of Daniel Spargo Mabbs Foundation (pictured bottom, left), and a variety of fascinating careers talks to Year 7 and Year 10. Our special thanks go to all the parents who generously gave their time to talk to those year groups about their careers. Huge credit to all our students who coped so brilliantly in the heat too.

MRS A GRIFFIN
MRS K STOCKLEY

WELL DONE WALLINGTON - CEREMONY

Our annual Well Done Wallington ceremony was held on Monday 18th July for year groups 7, 9 and 10.

This time of year is incredibly important as we are able to look back on the efforts and achievements of our students and praise them for their commitment to their studies.

The atmosphere was lively. Students sat together around tables in form groups, clapping and cheering for their peers when winners were announced.

Well done Wallington! Until next year...
(See below).

MISS T ALDEMIR
EVENTS & COMMS MANAGER





BARCLAYS FOOTY - AYSHA SUCCESS

Congratulations to Aysha, Year 9 who has been featured in a film by Barclays to help publicise the Women's Euro 2022.

MISS Y DOWLET HEAD OF YEAR 9

← Tweet

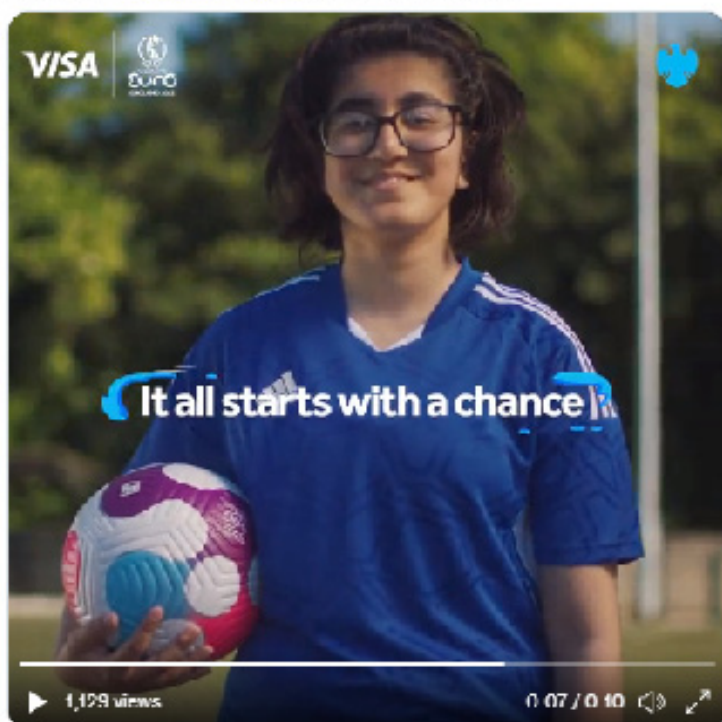


Barclays Football
@BarclaysFooty

This summer, as one of @VisaUK's official ball kids for UEFA Women's Euro 2022™, Aysha will be inspiring all the kids she coaches, side by side with her football heroes.

It all starts with a chance.

I lead to bit.ly/3nCljc9 to find out more.



NOTICE:

SCHOOL FIRST AID: SUMMER HOLIDAYS

There will be a school nurse drop-in for secondary school pupils at the Tweeddale Children's Centre in Carshalton over the summer holidays running every Thursday 12-2pm from the 28th July. This will operate as a walk-in service if any of your pupils would like to attend.



20 MINUTES OF READING A DAY

It is important to keep reading at least 20 minutes per day. There are plenty of ways to borrow books over the Summer break.

- FROG Library page follow the links to SORA. You will find online resources for all students. Year 7 & Year 8 can borrow books using Wheelers E-Library. Don't forget to do your Accelerated Reader quiz.
- JSTOR provides some excellent resources for GCSE and A-LEVEL students
- You can borrow books visit a local library. Use apps such as Libby and My Library App.

MS P MITCHELL



KANGAROO JUNIOR MATHS CHALLENGE

Junior Kangaroo



Well done to the following students whose impressive performance in the Junior Mathematical Challenge meant they qualified for the Junior Kangaroo...

Year 8

Anqi, Asjhvini, Amelia, Lucila, Josie, Florence, Lily, Nithusiga, Shruthi, Sara, Damilola, Ruhma, Millee, Mathuraa, Kanisha, Megan, Maja, Cassandra, Palak, Annabel, Chandani and Onyema.

Year 7

Grace, Sivani, Eni, Le, Safiyyah, Uma, Diya and Sasha.

A particular congratulations to Amelia, Sara, Florence, Josie and Mathuraa who went on to achieve a Merit Certificate. Amelia's brilliant score of 119 was the highest in the School!

Well done to everyone who took part!

Miss Tucker



MRS S TUCKER

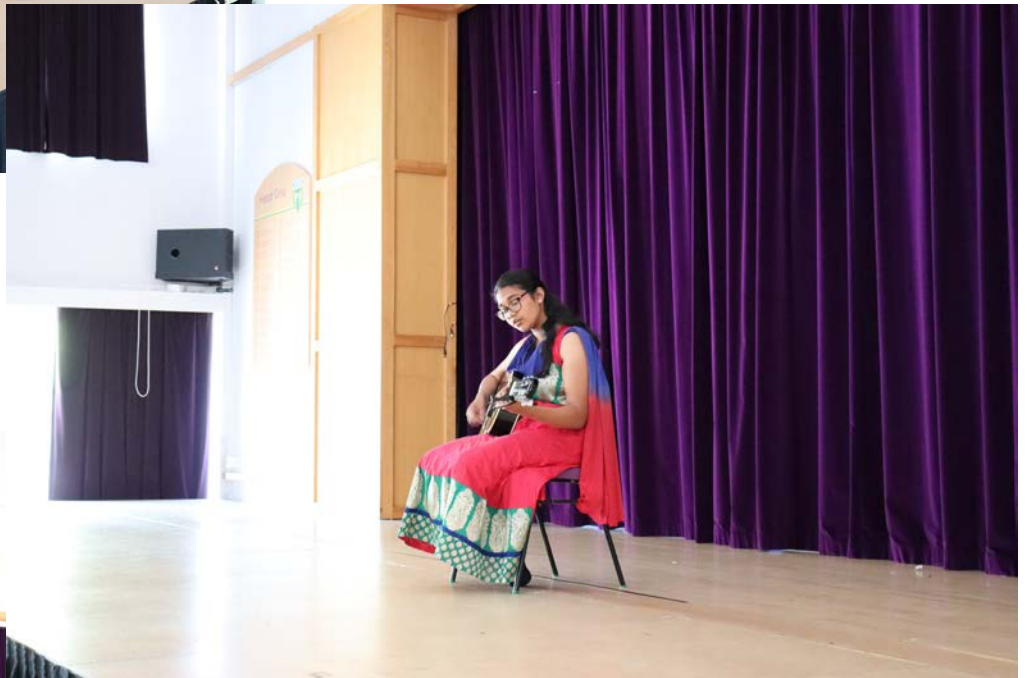


CULTUREFEST -





CULTUREFEST -





Amazing People Schools

Wellbeing Workout

Summer Strengths Builder



Adaptability

Be like bamboo, learn to be flexible and let go of the small stuff. It can improve your wellbeing.

Collaboration

Play a board or an outdoor game together with friends or family.

Courage

Taking a cold shower can help boost our happiness levels – are you brave enough to try??



Creativity

Creating music, art and laughing boosts endorphins which helps our wellbeing. Practise all three as much as you can!

Curiosity

Go for a walk to somewhere new and collect moss, leaves and dirt for an eco-box.

Empathy

Watch a film together and have a think about what different characters were thinking and feeling in the story.

Enthusiasm

Put on a show with your family – include songs, dance, music, drama.



Fairness

Play a new board game or make one up! How can you make sure it's fair for everyone?

Good Sense

Wellbeing depends on us eating the right foods. Do your research and make a chart of good-mood-foods.

Gratitude

Create a colourful poster of everything you are grateful for.

Humility

Go for a walk and look for the tallest tree you can find. How does it make you feel to be standing under something so huge?

Initiative

Create an art gallery of your creative work. Build it up over a few weeks and invite people to view it.

Integrity

Can you tidy your room, do the dishes or make someone a cup of tea – without being asked to?

Kindness

Make a list of different ways you can be kind. Try and tick them off each day.

Motivation

Boost your dopamine (which is one of the happiness chemicals) by making a daily plan and setting long term goals.

Optimism

Make a list of things that you are looking forward to – today, this week, this month, this year and in your life!

Perseverance

Exercising every single day increases all our happiness levels (dopamine, oxytocin, serotonin and endorphin).

Resilience

If there is something you want to change but can't, think about how you can change your attitude towards it.

Self-discipline

Plan a screen-free day – no phones, devices or even television – no peeking allowed!

Tolerance

Can you stay calm even round those you don't agree with? Practice meditation – sit quietly and breathe slowly.

Character strength building with some of the world's most Amazing People



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