



## THE WALLINGTON WEEK

### MESSAGE FROM THE HEADTEACHER

As we draw to the end of what is always a very busy and intense term, students and staff will be helping to raise money this week for our chosen school charities. Various fundraising events will be taking place this week including a Frost Fair taking place in the Hall during lunchtimes as well as a Christmas Jumper Day on the last day of term.

Last week we were treated to a fantastic Winter Concert featuring various ensembles, the Jazz Band, Senior Orchestra as well as some featured soloists. Our vocal groups and choirs also made wide ranging contributions to the concert and as always the standard was very high. Well done to all of the performers and thank you to the Music Department for organising.

Continuing with music, we were pleased this year to be able to take Chamber Choir to take part at Sutton Sings Christmas Concert on Thursday 8th December, at St Andrew's Church in Cheam. The concert was organised by Sutton Music Service and brought together several local schools to perform solo items as well as three massed choir items. It was a great opportunity for the choir to sing as part of a larger group alongside students from other schools and to develop their confidence performing, and the students were a great credit to the school.

We say farewell to one member of staff, Mrs V Watson (Economics & Business) who is retiring after twenty-year fantastic service to the school. We wish her well and very much appreciate of all her hard work and contribution to the school over the years. We also farewell to our Librarian cover, Mr K. Lam.

A reminder that we have an early finish on the last day of term this year with school ending at 12.45pm.

Finally, the staff and I here at Wallington would like to wish all of our students and their families a very happy Christmas and a relaxing break over the next two weeks.

We look forward to seeing everyone again on Tuesday 3rd January!

MR R BOOTH  
HEADTEACHER





## COATS

There seems to be some confusion around the wearing of coats. To be clear, students are allowed to wear a coat over their uniform (and we would encourage them to do so) but we ask that they take their coats and any outdoor wear off when inside the building. If a student is struggling to fit their coat in to their locker, then they may carry it on their arm.

## SUPPORT OVER THE HOLIDAYS

In case you or your child need some support over the Christmas holidays and therefore the Safeguarding team is not available, please take a look at the below. This is also on the school website - Pastoral Care home page.

If your child is feeling low or unsafe, it is important they talk to someone they trust and tell them how they are feeling. Sometimes it can be difficult for them to talk to friends and family so here are some other places they can contact instead:

School nurse duty line - 020 8770 5409

Childline – 0800 1111

Samaritans – 116 123

Hopeline – 0800 068 4141

NSPCC – 0808 800 5000

[www.talkofftherecordonline.org](http://www.talkofftherecordonline.org) (Talking therapy)

[www.nspcc.org.uk](http://www.nspcc.org.uk) (concerned about a friend and their safety in the home)

[www.selfharmuk.org](http://www.selfharmuk.org) (if someone you know / or you is concerned about self harm)

[www.youngminds.org.uk](http://www.youngminds.org.uk) (mental health concerns of any nature)

[www.kooth.com](http://www.kooth.com) (for anonymous emotional wellbeing support)

[www.papyrus.org](http://www.papyrus.org) (if you / or someone you care for has suicidal thoughts)

## PARENT WORKSHOP:

### THE TEENAGE BRAIN, EXAM STRESS AND PERFECTIONSIM

Date and time: Tues 13th Dec, 18.30-20.00

Facilitator: Jenny Langley - Mental Health Trainer from The Charlie Waller Trust

Location: This is a virtual event – Zoom

This session is for all parents and will include practical tips in communicating with your child in the face of difficulties.

The link is below for this online workshop:

Join Zoom Meeting

<https://zoom.us/j/99195185020?pwd=MzFhVGhxR0JrOFJiSi9lMnFJRfNFQT09>

Meeting ID: 991 9518 5020

Passcode: iKexX9

## 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

## SETTING UP DEVICES

This festive season, set your child up for online safety that lasts the whole year. Whether you're gifting a new device or perhaps a second-hand device, make sure it is set up correctly with the appropriate safety measures in place. Internet Matters have created some guidance and helpful tips on this which can be found [HERE](#).

## THE MET CHRISTMAS TREE APPEAL

The Metropolitan Police has launched its annual appeal for the public to donate Christmas presents to thousands of vulnerable and disadvantaged children across London. To donate please visit <https://metchristmastreeappeal2022.org/>



## 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@wallington-girls.org.uk](mailto:attendance@wallington-girls.org.uk).

## SCARLET FEVER AND GROUP STREP A INFECTIONS

NHS England have reported that they are seeing an increased number of cases of Group A streptococcus (Strep A) compared to normal at this time of year. There is no evidence that a new strain is circulating and the increase is most likely related to high amounts of circulating bacteria and social mixing. What are the symptoms of Strep A/scarlet fever? Symptoms can include a sore throat, headache, and fever, along with a fine, pinkish or red body rash with a sandpapery feel. On darker skin, the rash can be more difficult to detect visually but will have a sandpapery feel. My child is unwell and may have scarlet fever – what should I do? If your child becomes unwell with these symptoms, you should contact your GP practice or contact NHS 111 (which operates a 24/7 service) to seek advice. Please also contact the school - [attendance@wallingtongirls.org.uk](mailto:attendance@wallingtongirls.org.uk)

You must tell NHS 111 or your GP if you or your child have been in contact with someone who has had Strep A recently.

If your child has scarlet fever, keep them at home until at least 24 hours after the start of antibiotic treatment to avoid spreading the infection to others.

**MISS M GOUGH**  
ASSISTANT HEADTEACHER  
DESIGNATED SAFEGUARDING LEAD

## FOOD DONATIONS

From the week beginning 28/11, 10 Curie collected food donations as a class to help raise awareness to the growing issue of homelessness. The donations collected have been sent to the charity Sutton Night Watch, which will use these donations as resources to help people in need.

The importance of the charity is to get people, who are struggling financially with the essentials that every human deserves to have, and potentially help change their quality of life for the better. If you are interested in supporting this charity, please click the link [Sutton Night Watch Homeless Charity](#) for more information.

**MISS W WILLAMS**  
TEACHER OF ENGLISH  
YEAR 10 TUTOR



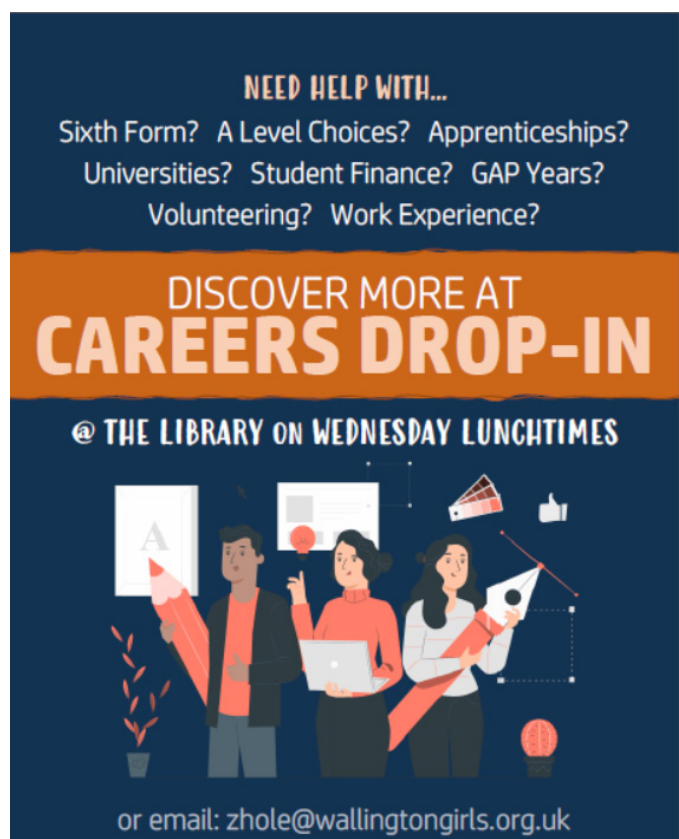




## CAREERS OPPORTUNITIES

For the latest news on careers opportunities please take a look at our online careers platform, Padlet, where we share work experience, virtual and in-person workshop opportunities. [Click here to find out more.](#)

MRS Z HOLE  
CAREERS LEADER



## SUTTON SINGS CONCERT

We were pleased this year to be able to take Chamber Choir to take part at Sutton Sings Christmas Concert on Thursday 8th December, at St Andrew's Church in Cheam. The concert was organised by Sutton Music Service and brought together several local schools to perform solo items as well as three massed choir items. It was a great opportunity for the choir to sing as part of a larger group alongside students from other schools and to develop their confidence performing, and the students were a great credit to the school.

MRS M NGOBI  
HEAD OF MUSIC

## ADMISSIONS POLICY CONSULTATION 2024

We are currently consulting on the admission arrangements for entry in September 2024. Please see our website for further information:

[WHSG 2024 Admissions Policy Consultation.](#)



GIRLS' LEARNING TRUST

## WINTER CONCERT

On Tuesday 6th December, the Music Department hosted our termly school concert, featuring the ensembles which rehearse regularly throughout the week, as well as some featured soloists. Mr Cox led the programme with the orchestra playing themes from Harry Potter and Pirates of the Caribbean and closed with the recently formed Jazz Band with three standards including 'Take Five'. Our vocal groups and choirs also made wide ranging contributions to the concert, including musical theatre numbers and some festive items, with a mashup from our A Capella group Noteworthy, led by Grace in Year 12. We were also delighted to have students taking part in the concert for the first time, including a good number of year 7 students joining our Junior Choir amongst other groups.

MRS M NGOBI  
HEAD OF MUSIC





## GCSE PRIZEGIVING

Our annual GCSE Prizegiving took place on Wednesday 30th November and this is always an important opportunity to recognise and celebrate our students' achievements at GCSE as well as their contribution to the wider life of the school. Our Guest of Honour was Soumya Jud, ex-Wally girl and currently working for tech start-up company. As well as presenting the prizes and certificates, she provided some inspiring words and guidance to the students including the importance of savouring the little moments each day and being in the 'now' along with the fact that life will put hurdles in their way, people will make mistakes but then learn the lessons to help you grow and develop. Parents, students and guests then enjoyed refreshments and the opportunity to take photographs afterwards.



## FUSION SHOWCASE 2022

One of the highlights of this term has been the Fusion Showcase which was organised and led by our Sixth Form students, with Saathana and Eva (Y13) as leads and hosts. The showcase created an opportunity for all cultures and ethnicities at WHSG to be represented through creative outlets such as singing, dancing and poetry. We were treated to a dance acts such as Bharatanatyam, Bollywood and Afro-Beats, plus incredible singing performances and even some steel drums! Over the last few years we have been unable to run a Black History Month or Diwali Showcase in person, so it was a great sight to see the Hall full again of students and parents, to watch and support the event. All of the acts were of a really high quality and it was particularly impressive to see students in all different year groups work together in their performances and also in arranging the show. A huge number of students were involved, not only in the performances, but also in marketing, production, backstage and front of house so thank you to everyone involved, especially our hosts and to Abi, Aretha, Lakshmitha and their teams. The event raised over £1000 for The African Caribbean Leukaemia Trust and Child's First UK. The showcase was one of the most eclectic and well-organised student led events we have ever seen and demonstrated how diverse yet inclusive our school community is.



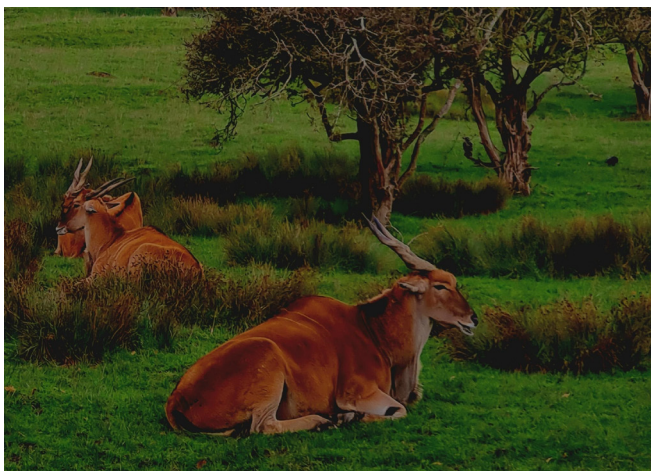
**MRS C GODYN**  
**DEPUTY HEADTEACHER**



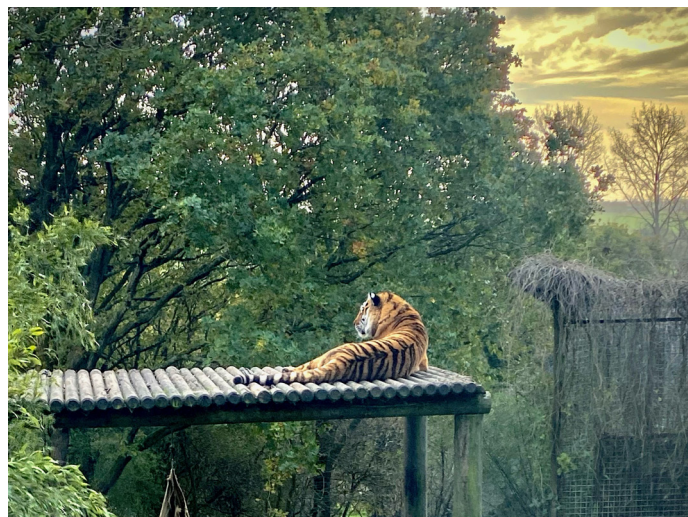


## YEAR 8 PORT LYMPNE PHOTO COMPETITION

Thank you for all the wonderful photographs that were sent in by some of our Year 8 pupils following the enrichment visit to Port Lympne Safari Park on Thursday 24th November. The students captured beautiful images of some of the animals and our Art department had a rather difficult time selecting a winner.



**RUNNER UP - TANISHKAA**



**WINNER - CHRISTINA**



**RUNNER UP - MANAHIL**



**RUNNER UP - JOSIE**





## ENRICHMENT DAY - 24TH NOVEMBER 2022

On November 24th, the whole school enjoyed our first Enrichment Day of the academic year. The students experienced the theatre, wild animals in a safari park, challenged themselves on an army style assault course, learned about “Our Beautiful Planet” at the Science Museum, explored Black History at the Docklands, enjoyed an independent, self-led Grand Day Out in central London and gained some invaluable interview practice with industry professionals. We are looking forward to the next one in March 2023!

## ENRICHMENT DAY - YEAR 10 CAMELOT GALLERY





## HANS WOYDA

On Friday 2<sup>nd</sup> December a group of four students, Amelia, Hala, Abigail and Yuvathi, represented Wallington in the third round of the Hans Woyda Mathematics competition. This is a London-wide competition in which schools compete directly against each other, answering maths questions in a very short time. We played against Sutton High and it was an exceptionally close match. We were leading for most of the contest but found ourselves level at the final round. Everything came down to the last two questions and although both schools got the correct answers, unfortunately, they answered slightly faster than us and we ended up with a very narrow defeat.

Our team work was excellent and we scored much higher than the other team in the group round – which was a very interesting question about fractions.

### Section 4 – Team Question

**Time: 5 minutes**

**Calculators are not allowed for this question.**

The Egyptians solved many practical problems using *unit fractions* – these are fractions where the numerator is 1 and the denominator is an integer.

It is possible to find sets of three positive unit fractions with sum one, for example  $\frac{1}{3} + \frac{1}{3} + \frac{1}{3}$  or  $\frac{1}{2} + \frac{1}{3} + \frac{1}{6}$ .

Your task is to find sets of four positive unit fractions with sum one – i.e. to find solutions to the equation

$$\frac{1}{a} + \frac{1}{b} + \frac{1}{c} + \frac{1}{d} = 1$$

where  $a, b, c$  and  $d$  are integers and  $0 < a \leq b \leq c \leq d$ .

Record each of your solutions as the ordered set  $\{a, b, c, d\}$  (so, for example, you would record the two example solutions given above as  $\{2, 3, 6\}$  and  $\{3, 3, 3\}$  respectively).

There are **14** solutions for you to find.

Well done to everyone who took part – we did very well under quite a bit of pressure!

Miss Tucker





## SENIOR KANGAROO



# Andrew Jobbings Senior Kangaroo

On Wednesday 16<sup>th</sup> November a group of sixth form students sat the Senior Kangaroo – this is a 60-minute mathematical challenge consisting of 20 problems. In order to qualify to sit this paper, students needed to achieve a Gold Certificate in the Senior Mathematical Challenge – which is a major achievement in itself.

Congratulations to the following students for qualifying to sit the Senior Kangaroo:

Year 13:

Rukaiya, Angelica, Banujaa, Karnuya and Grace

Year 12:

Abbie, Naomi, Anusjhni and Alishba.

The results have now come back and we are delighted to announce that Karnuya in Year 13 has achieved a Merit with an impressive score of 45.

Here is an example of one of the questions that was asked...



The sum of the ages of Tom and John is 23, the sum of the ages of John and Alex is 24 and the sum of the ages of Tom and Alex is 25. What is the sum of the squares of their three ages?



Well done to everyone who took part!

Miss Tucker



# Confidence Communication Creativity

Helen O'Grady Drama Academy class details are as follows:

| DAY       |  <b>STUDIO</b>  | LOWER<br>PRIMARY<br>5-7 YEARS | UPPER<br>PRIMARY<br>8-11 YEARS | YOUTH<br>THEATRE<br>12-17 YRS |
|-----------|---|-------------------------------|--------------------------------|-------------------------------|
| MONDAY    | <b>EDEN PARK / BECKENHAM</b><br>St John's Church<br>251 Eden Park Ave BR3 3JN   | 5-6pm                         |                                | 6-7pm                         |
| MONDAY    | <b>THORNTON HEATH</b><br>Leisure Centre, High St<br>CR7 8LF   | 4-5pm                         | 5-6pm                          | N/A                           |
| MONDAY    | <b>WADDON</b><br>Waddon Leisure Centre<br>451 Purley Way CR0 4RG  | 4-5pm                         |                                | N/A                           |
| TUESDAY   | <b>PURLEY</b><br>St Barnabas Church, Higher Drive<br>CR8 2HR  | 4.15-5.15pm                   |                                | 5.15-6.15pm                   |
| WEDNESDAY | <b>NORBURY</b><br>Downsview Methodist Church<br>Downsview Road, SE19 3XH  | 4-5pm                         | 5-6pm                          | N/A                           |
| WEDNESDAY | <b>WALLINGTON</b><br>The Centre, Milton Road<br>SM6 9RP   | 5-6pm                         |                                | 6-7pm                         |
| THURSDAY  | <b>CROYDON (Park Hill)</b><br>St Matthew's Church,<br>Chichester Road, CR0 5NQ  | 4-5pm                         | 5-6pm                          | 7-8pm                         |
| THURSDAY  | <b>BANSTEAD</b><br>The Banstead Centre, The<br>Horseshoe, SM7 2BQ   | 5-6pm                         |                                | 6-7pm                         |
| FRIDAY    | <b>SANDERSTEAD</b><br>Methodist Church, Limsfield<br>Road<br>CR2 9EE  | 5-6pm                         |                                | 6-7pm                         |
| FRIDAY    | <b>WEST WICKHAM</b><br>Methodist Church<br>Hawes Lane, BR4 9AA  | 5-6pm                         |                                | N/A                           |
| FRIDAY    | <b>CHIPSTEAD</b><br>The Courtyard Theatre<br>Hazelwood Lane, CR5 3QU  | N/A                           | 4.15-5.15pm                    | 5.30-<br>6.30pm               |
| SATURDAY  | <b>UPPER NORWOOD</b><br>Harris Crystal Palace, Maberley Road<br>SE19 2JH  | 10-11am                       | 11am-12noon                    | 12noon-1pm                    |
| SATURDAY  | <b>SELSDON</b><br>Greenvale Primary School<br>Sandpiper Road, CR2 8PR   | 10-11am                       |                                | 11am-<br>12noon               |

**THREE WEEK TRIAL AVAILABLE**





## STAYING WELL OVER THE WINTER BREAK

### *Top Tips & Activity Ideas for Secondary School Students*

Despite Christmas being a festive period, we know that the winter holiday break can be a challenging time for a number of young people. The colder weather, longer dark days, and unstructured time can leave many young people struggling more with their mental health. We have therefore put together a top tips guide on how to look after your emotional well-being over the holiday.

#### Top Tips to Stay Well

**Talk to someone!** It's important that you notice how you are feeling and try to accept that the feelings you are having are likely to be normal. It's good for you to talk about your feelings where you can, so think about who you can turn to. It could be someone in your family, a friend, or a helpline that can talk to you about how you might be feeling. We have included some helplines/websites on the final page if you find you're struggling.

**Monitor your social media usage:** Social media can keep your anxiety high for many reasons. Try to have a limit on how much you check on social media. It's a good idea to de-clutter your social media accounts - remove or un-follow accounts that you notice make you feel worse. Talk to someone you trust about how you can do this.

**Keeping a routine:** It will be tempting to stay up late and/or sleep in longer but we know that this can have a negative impact on our mood. Having enough sleep can really help our mood, did you know most teenagers need 9-10 hours a night? Maintain a routine as much as you can by getting up in the morning and going to bed at the same time, think about who can support you to do this – can you make a plan with someone each morning, or ask someone at home to wake you?

**Gaming (but not too much!):** Lots of people enjoy gaming and it's fine to include it in your day but it's easy to find yourself playing too much, especially when you don't have so much to do. This can lead to feeling disconnected from friends and family and your mood dropping. We would encourage you and your parent/carer to plan limits on this together. You can use the below suggestions of other activities to engage in if you are feeling bored.

#### Activity Ideas

The idea of staying home can often be fun and relaxing because there is no school to attend. On the other hand, staying home for a long time often leads to boredom – and this is common with everyone! It's good to relax but your mood will feel better if you spend time doing things that you enjoy with family or friends (where possible).



## YOUTH THEATRE



HELEN O'GRADY  
DRAMA ACADEMY

# DEVELOPMENT THROUGH DRAMA

Exciting and fun  
classes for young  
people from  
11-18yrs

Book your place NOW for January.  
See below for details.

One of the greatest life skills we  
can give our children is the ability  
to communicate confidently.

**ROLEPLAY** is vital to a child's development and increases  
social interaction, problem solving and communication skills.

Through imaginative plays, we explore emotions and feelings  
which helps to boost **WELL-BEING** and **SELF-AWARENESS**.

WE GUARANTEE YOUR CHILD WILL DEVELOP EXCELLENT SOCIAL SKILLS THEY WILL NEED IN EVERYDAY LIFE.

- SPEAK & MOVE CONFIDENTLY
- ANSWER IN FULL SENTENCES
- FEEL GOOD IN THEMSELVES
- IMPROVE CONFIDENCE &
- ENTHUSIASM
- INCREASE SELF-ESTEEM
- ACT IN PLAYS
- WORK IN GROUP SITUATIONS
- MEET NEW FRIENDS
- DISCUSS SOCIAL ISSUES
- IMPROVE LISTENING SKILLS
- ENCOURAGE ENGLISH LANGUAGE

Our internationally acclaimed Drama Academy benefits tens of  
thousands of children around the world each week. Each class follows a  
curriculum designed by worldwide experts and focuses on speech,  
movement and improvisation skills.

### CONTACT US TO SECURE YOUR CHILD'S PLACE:

Tel: 020 8667 9812

Email: [croydon@helenogrady.co.uk](mailto:croydon@helenogrady.co.uk) Website: [www.dramaschoolforkids.co.uk](http://www.dramaschoolforkids.co.uk)

Principal: Ian C. G. Brown

Classes in: Banstead, Beckenham, Chipstead, Croydon (Park Hill),  
Norbury, Purley, Sanderstead, Selsdon, Thornton Heath, Upper Norwood,  
Waddon, Wallington, West Wickham

**40**  
**YEARS** 1979 - 2019  
OF THE HELEN O'GRADY  
DRAMA ACADEMY