



THE WALLINGTON WEEK

MESSAGE FROM THE HEADTEACHER

Students have been working hard this week, both inside and outside of the classroom, and in particular our Year 11 students who have had their final week of GCSE mocks. Lots of students have been rehearsing hard for next week's Fusion Showcase, organised by our Sixth Form students as well as for this year's school production of *Beauty and the Beast*, which takes place in February.

Yesterday our Oxbridge students took part in a set of practice interviews in preparation for their actual Oxbridge interviews later this term. Once again, we have students applying for a wide range of subjects, ranging from Law and Classics/Ancient History through to Computer Science and Engineering and these mock interviews form an important part of their preparation.

This week's assemblies have focused on the theme of 'Integrity' led by Mr Parkinson. He used the example of Easy Eddie, Al Capone's lawyer, and how his son, a World war flying ace rewrote his family's legacy from one of crime to one of virtuosity.

Finally, at the beginning of this week we held our Key Stage 3 Recital for years 7 to 9. It was great for our musicians to be able to perform in front of an audience and provided them with vital experience of performing in front of a live crowd. As usual the standard across the board was very impressive. Well done to all the performers and thank you to everyone who came along to support them.



@GIRLSWALLINGTON



MR R BOOTH
HEADTEACHER



COERCED ONLINE CHILD SEXUAL ABUSE - HELP FOR PARENTS (UK SAFER INTER- NET CENTRE)

The UKSIC report that more than a quarter of girls who took part in their survey have had some kind of experience of receiving a request for nude or semi-nude photos or videos.

Children can be groomed, coerced or encouraged into sexual activities online. Any child with unsupervised access to the internet is potentially at risk.

To help parents understand this difficult topic and talk to their children, the UKSIC has produced a checklist and resources about online sexual abuse. Find the information here: Coerced online child sexual abuse - UK Safer Internet Centre.

NUT FREE SCHOOL

Please be reminded that due to allergies we operate as a nut-free school.



WHITE RIBBON DAY – FRIDAY 25TH NOVEMBER

This year White Ribbon Day, Friday 25th November, falls on the same week as the start of the FIFA men's World Cup. Their message is this: "It has never been a better time for us to come together and start playing as a team to end violence against women and girls. All men can join the team to end violence against women and girls - that's #TheGoal. Whether you're a football fan or not, let's work together to achieve gender equality."

Sutton Council have organised a White Ribbon event which will take place at Trinity Square on Friday 25th November, 12-5pm to mark White Ribbon Day. This is an open event with their key objective to meet and engage all those who can attend, especially the residents of Sutton, and to spread awareness of this campaign. "You will be able to meet our amazing colleagues and partners such as our in borough Domestic Abuse services, the White Ribbon Ambassadors, our colleagues from Community Safety, the Fire Brigade and many more!"



MISS M GOUGH
ASSISTANT HEADTEACHER
DESIGNATED SAFEGUARDING LEAD



STUDENTS PERFORM THEIR PIECES AT THE KS3 MUSIC RECITAL

On Monday evening we hosted our KS3 Music Recital and invited parents/carers of performing students to support their child on stage. The recital was a great opportunity for participating students to build on their confidence as well as practice in front of an audience.

It is always a great pleasure to watch our talented students perform and enjoy their music. The standard of performance was impressive and it was wonderful to hear different instruments and styles. The students performed with great musicality and had clearly dedicated time to practising and preparing.

Well done to everyone who took part.

MRS M NGOBI
HEAD OF MUSIC

Quotes from the day:

“I was very proud of my performance at the KS3 recital on Monday 15th November. I was put at ease by the audience and my peers who were very patient and encouraging. Everybody applauded at the end of my performance which made me feel very happy. It was also a great chance to listen to other people play. I'd love to get another opportunity to do this again.”

- RAJVI, Y7

The sharing of everyone's music was super enjoyable and I loved listening to all the pieces everyone got to play. Although I was quite nervous and excited to play, I felt very comfortable and happy. The audience was very big and the whole experience was lovely.

- ALTHAEA, Y9

HANNAH PARTICIPATES IN HER LOCAL REMEMBRANCE SERVICE

Congratulations to Hannah, in Year 10, who played the Last Post and Rouse for the minutes silence at a local Remembrance service last week. Hannah is a member of the local Air Force Cadets and as she plays the trombone, she was asked by her Commanding Officer if she would give the bugle a go and play at the local Remembrance service (something that has not happened for a number of years). The bugle is a particularly difficult instrument to play, especially since there are no valves, however, in true Wally Girl style, Hannah persevered and after a lot of dedicated practice, she successfully played it to an audience of several hundred people. Many commented on how well she played – very well done Hannah!

MR R BOOTH
HEADTEACHER





YEAR 7 PRESENT THEIR BOOK RECOMMENDATIONS

Both Isobel and Abiraa in Year 7 presented their book recommendations this week.

"I thought that presenting in front of my form was a bit nerve-racking since I have not presented in front of them before however it went better than what I initially thought". - Abiraa

"I don't usually present in front of a large group of people, so I did find it a bit stressful to begin with. However, as I got through the list of books, I realised that the class liked watching and hearing about the books I recommended. I think for next time, I could interact with the class more by asking if they had any questions or explaining a bit more clearly. On the whole, I think it was a fun experience and my class got to see what type of books they could read next!" - Isobel



YEAR 7 PRACTICAL DRAMA

In Year 7 all students explore the history of drama and theatre. On Wednesday, we acted out scenes from Commedia Dell'Arte, using masks.

A specific focus in this class is the use of body language as a way to convey their character's thoughts, feelings and overall personality.

DRAMA THEORY LESSONS

In Year 8 all students act out stories from different cultures and traditions. 8 Pankhurst studied a Chinese story and Chinese theatre; they then produced costumes and make up designs for characters in the story.

MISS T KATESMARK
TEACHER OF DRAMA





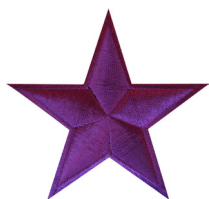
MILLIE WINS THE BRITISH NUTRITION FOUNDATION DRUMMOND AWARD 2022

I had the great pleasure of attending an awards ceremony at the Royal College of Physicians on Tuesday 15th November with one of our Year 12 students Millie. She was the winner of the British Nutrition Foundation Drummond Award 2022 for obtaining the highest grade for her GCSE Food preparation and Nutrition exam in the country. This was indeed a tremendous National achievement and highlighted the dedication that Millie put into her Food and Nutrition studies. We had a very action packed agenda for the day and the lectures that we had the privilege to listen to were very relevant to Millie who aspires to study Medicine at University. The lectures focussed on diet inequality.

- Social inequalities and the impact on health – Dr Ruth Bell, Senior Advisor UCL Institute of Health Equity.
- The impact of poverty on dietary inequalities -Prof Corinna Hawkes, Director Centre of Food policy UCL
- Perspectives of adolescents living with obesity – Prof Jason Halford Head of School of Psychology – University of Leeds
- Tackling inequalities in the diet - Dr Alison Tedstone, President of the Association for Nutrition

The lectures were extremely informative and if you would like to listen to them you can access them on the British Nutrition Foundation website.

MRS S BEALES
HEAD OF FOOD



YEAR 8 STUDENT RECEPTIONIST

To allow Year 8's to practice and apply their skills in a different setting we run a receptionist duty programme that runs throughout the school year.

"My role as reception duty involved many tasks such as; greeting visitors, returning lost property and supporting staff. I enjoyed helping visitors, finding where they needed to go and producing visitor lanyards. It was very exciting having the responsibility of receptionist for the day and I can't wait for more opportunities like this!"

MAYA, YEAR 8





SPORTS NOTICES



U12 NETBALL AT WHSG

The u12 Netball teams' season is off!

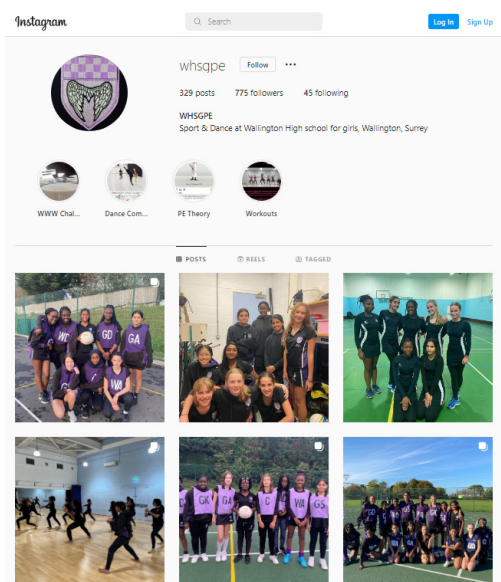
With fixtures against Ewell Castle and Epsom College this week they have really taken on board what they have been coached throughout this past week. With narrow defeats, they were resilient, enthusiastic and the rain certainly didn't stop us!

Well done to all students who participated in the games!

Onwards and upwards for the next.

MRS J WAIGHT
TEACHER OF PE

FOLLOW OUR PE DEPARTMENT
INSTAGRAM:
@WHSGPE





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

Education Wellbeing Service

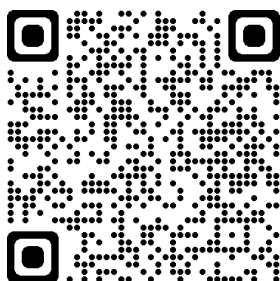
Education Wellbeing Service Webinar

SUPPORTING YOUR TEEN WITH EXAM STRESS!

The lead up to exams are stressful for those taking the exams but also those around them. This webinar aims to improve parents' understanding, and explore different ways to support exam stress and anxiety. This includes thinking about approaches and ways to support mental health, wellbeing, and promote balance and successful performance during the exam and assignment period.

When: Monday 21st November 2022 1.30-3.00 pm

Where: Virtually (Microsoft Teams). If you would like to join us for this webinar, Please register at: <https://www.eventbrite.com/e/supporting-your-teen-with-exam-stress-tickets-465590251977>



Or scan this QR code to take
you to the registration page !

Please email wellbeinginschoolsevents@swlstg.nhs.uk if you need any further guidance.



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

Education Wellbeing Service

Sutton - Education Wellbeing Service

Workshop for Year 7 and Year 8 Parents:

Transition to secondary school can be stressful. Pupils have lots to negotiate with a new environment, new rules, new peers and new teachers as well as a significant increase in workload. This can understandably cause anxiety and worry, which doesn't always disappear for those in year 8.

Join our webinar for tips and strategies about how best to support your child with their anxiety or worries.

MANAGING YOUR CHILD'S ANXIETY!

When:

Tuesday 29th November 2022 at 6.30pm - 8pm

Where:

The workshop will be hosted virtually on Microsoft Teams. If you would like to join us for this workshop, please follow the above hyperlink below

https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZTMzNGMxYTgtOTBmOC00NGRmLWJiNGMtNWQyOGViODdiNzQz%40thread.v2/0?context=%7b%22Tid%22%3a%22a2d12364-7b13-4387-bfee-24dec1fdbdb3%22%2c%22Oid%22%3a%22283a71c2-cb45-42e1-b594-49f0b6a1e7db%22%7d

Email suttoncwp@swlstg.nhs.uk with any questions



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.



IT'S CHRISTMAS!

Christmas Lunch

Monday 12th December years 7,10,11
Tuesday 13th December years 8,9,12,13

Meat

Roast Turkey served with roast potatoes, seasonal
Winter veg, glazed pigs in blankets and gravy

Halal Meat

Roast Turkey served with roast potatoes, seasonal
Winter veg, Glazed chicken sausage and gravy

Vegetarian

Lentil Meatloaf served with Roast Potatoes, seasonal
Winter Veg, vegan sausage and gravy

Dessert

Choice of 3

Traditional Mince Pie & Cream

Reindeer Cheesecake

Christmas Chocolate Brownie

Jugs of water or squash on table

All for £3.50

Merry Christmas

Aspens
aspens



IT'S CHRISTMAS!

Come and join us in the canteen for christmas lunch

Tickets will be on sale from Monday 21st November.

At the cost of £3.50

We will be holding a Christmas raffle which will be drawn on the Thursday 15th December, prizes to be collected at reception at the end of day.

Tickets will be £1.00 for a strip of 5.

3 prizes to be won

Which will be displayed in the canteen from the 1st December.

Hope you can join us

Aspens
07799 99999



Wallington High School For Girls

SCHOOL UNIFORM CLEARANCE

Only available whilst stocks last

from **Cladish Wallington** - 020 8669 9992 - www.cladishsports.co.uk

| <u>UNIFORM ITEM</u> | <u>SIZES</u> | <u>WAS</u> | <u>SALE PRICE</u> |
|------------------------------|------------------|------------|-------------------|
| Blazers | 28" to 37" | £42.99 | £22.99 |
| " | 38" to 46" | £46.99 | £26.99 |
| Kilts | All sizes | £46.99 | £21.99 |
| Trousers | All sizes | £46.99 | £21.99 |
| Pullovers | All sizes | £29.99 | £16.99 |
| Science Overalls | 33" to 42" | £17.99 | £8.99 |
| " | 45" to 48" | £18.99 | £9.99 |
| Scrunchies | | £3.50 | £1.00 |
| <u>SPORTS UNIFORM</u> | | | |
| Games Blouses | All sizes | £15.99 | £8.99 |
| Games Skorts | 22" to 24" | £15.99 | £9.99 |
| " | 26" to 42" | £16.99 | £9.99 |
| PE Shorts | All sizes | £11.99 | £6.99 |
| Hoodie | 30/32" to 34/36" | £21.99 | £11.99 |
| " | 38/40" to 46/48" | £23.99 | £11.99 |
| Track Trousers | 22/24" to 28/30" | £19.99 | £9.99 |
| " | 30/32" to 38/40" | £21.99 | £10.99 |
| Dance T-Shirt | All sizes | £8.99 | £3.99 |
| Leotard | 28/30" | £16.99 | £7.99 |
| | 34/38" to 40/44" | £17.99 | £8.99 |
| Hockey Socks | All sizes | £7 to £8 | £2.99 |
| Leggings | All sizes | £16.99 | £8.99 |
| PE Bag | | £8.99 | £4.99 |