

WALLINGTON HIGH SCHOOL FOR GIRLS



PARENTS' INFORMATION



Welcome

This section of the evening will enable us to go through school information in more detail.

There will be time at the end for people to stay behind and ask any questions.

We are here for sharing information and not to discuss individual students.



Introduction

Year 10 PIE Information for parents

Where to find all this information

* The school website –

www.wallingtongirls.sutton.sch.uk



Wallington High School For Girls

HEIRS OF THE PAST, MAKERS OF THE FUTURE -

Parent | Staff | Student

Home | About Us | News and Events | Curriculum | School Life | Contact Us

Quick Links



Admissions Page

- Co-Curricular/Enrichment
- Duke of Edinburgh
- Combined Cadet Force
- Facilities
- House System
- **Information for Parents**
- Jack Petchey
- Careers
- Old Girls Association (Alumni)
- Parents and Friends Association
- Pastoral Care
- Sports
- Music and Drama



Calendar

Contact

Location



[Home](#) > [School Life](#) > [Information for Parents](#)

Induction Day for Year 6 Students 2019

Please click here to access the PowerPoint shown on Induction Day on 3 July 2019.

Wellbeing Information Events

Please click on the links below to access the relevant Wellbeing Information.

Are young people more stressed than ever? PowerPoint slides - May 2019

Managing Stress and Anxiety

The Science of Resilience - March 2019

Resilience PowerPoint - March 2019

Mindfuel - The adolescent Brain

Self Esteem - November 2018

Parents' Information Evening Booklets for Key Information and Dates:-

Year 12 - 2018

Year 10 - 2018

Year 10 Parents' Evening Presentation

Year 7 - 2018

Year 7 - Frequently Asked Questions

The School Day

Key dates for your diary

End of Year Exams	Monday 22 June – Friday 26 June
Wallington Weekend	Friday 22 November – Monday 25 November
Grade reports	w/c Monday 16 December
Grade report and written report	w/c Monday 30 March w/c Monday 6 July
INSET days	Tuesday 17 September Thursday 23 January Monday 24 February Friday 27 March
Enrichment Days	Wednesday 6 November Thursday 12 March 13-15 July
Parents' Evening	Thursday 23 April

Enrichment Programme

Wallington High School *for Girls*

Enrichment Programme 2019-2020



	Wed 6 th November	Thurs 12 th March	Mon 13 th July	Tues 14 th July	Wed 15 th July	Cost (Year)
Year 10	GCSE Geo Docklands Museum Dept:: Geography Approx Cost: £12 Location: Offsite	GCSE Geo River Darent Dept:: Geography Approx Cost: £21 Location: Offsite	Thorpe Park Dept: HOY Activity Approx Cost: £40 Location: Thorpe Park	Volunteering Day	London Dungeons Dept: HOY Approx Cost: £20 Location: Offsite	£40-80
	Languages Day Dept: Languages Approx Cost: £0 Location: School	GCSE History Dept: History Approx Cost: Location: Offsite			Go Ape (32,48 or 64 students) Dept: PE Approx Cost: £20 Location: Offsite	
		GCSE TP Dept: TP Approx Cost: Location: Offsite			Psychology Day Dept: Psychology Approx Cost: £0/10 Location: School	

Year 10 PIE Information for parents

Visits and Enrichment opportunities

- * All payments and permission for visits are on sQuid
- * We cannot accept students onto enrichment days or visits after the deadline has passed
- * Please check your emails as all information will go home electronically
- * Places on visits which are over-subscribed will be allocated by a random draw
- * Please contact Ms Muir on cmuir@wallingtongirls.org.uk if you have any questions.

Academic & Pastoral Support - Referrals

Who can the girls speak to via referral?



Mrs Michael
ELSA - Emotional
Literacy
Support Assistant



Ms C Nwankwo
The School
Counsellor

Academic & Pastoral Support; PSHCE Programme

	Mid-year off timetable session	Mid-year SRE session	End of Year enrichment day
Year 10	Positive mental health	n/a	Addiction, SRE (STIs), Risk, Teenage cancer trust
	Autumn	Spring	Summer
Year 10	Advocacy Project – First Give Project	Personal finance – including budgeting and fraud	Careers and future

Year 10 PIE Information for parents



Ensuring the Highest Standards of Conduct

WHSG Code of Conduct

Please work with us in ensuring that our students are learning in the best environment they can, make sure your child is aware of and upholds the WHSG Code of Conduct.

This information can be found on our website and in student planners.

Year 10 PIE Information for parents

Communication is ESSENTIAL

- * SchoolComms – we recommend that you download the app as you will then receive updates directly to your phone
- * Email – please check they are not being sent to junk!
- * sdavies@wallingtongirls.org.uk

How can I support my child to deal with...?

FRIENDSHIP ISSUES

ANXIETY & STRESS

HOMEWORK/WORKLOAD

**USING DEVICES
APPROPRIATELY**

Tips for managing friendship issues:

- * *Generally* fewer issues from Y10 onwards
- * Put the issue into perspective; is this a falling out that can resolve itself or something more serious?
- * Encourage your daughter to try and resolve minor issues themselves, sometimes having space and time away from a friend is all that is needed.
- * Explain that sometimes we may lose friendships due to growing and changing, and this is not always negative.
- * Communication with the school when necessary, through the tutor first.

Tips for encouraging safe device use:

- * No screens in bedrooms and no devices for at least 2 hours before bed.
- * Encourage an open conversation about what sort of content your child is putting online.
- * Try to keep up-to-date with which apps your child is using.
- * Devices are proven to encourage procrastination and reduce productivity even after their use, so communicate with your child about making the best of their time when revising.
- * Try your best to model appropriate device for your child.

Tips for managing anxiety and stress:

- * Prevention is better than cure – a supportive environment at home and school can stem the tide before it becomes overwhelming.
- * Realistic goals and expectations, both at home and school.
- * Healthy work-life balance; encourage involvement in clubs and hobbies.
- * A healthy lifestyle is crucial. Plenty of sleep.
- * Where possible, try to eat dinner together to encourage openness and communication.
- * Ask your daughter to discuss concerns with her teachers, tutor or HOY to put a plan in place.
- * Avoid assuming that ELSA or Counsellor intervention is the only or best support.

Lack of sleep



Nearly 1 in 5 teens (18%) say that when they do not get enough sleep, they are *more stressed*.

SLEEP
DEPRIVATION

STRESS



More than one-third of teens report fatigue or feeling tired *due to stress*.

You need 8½ to 9 hours sleep per night

The Perfect Night's Sleep Starts Long Before You Get Into Bed

Searching for the ever-elusive perfect night's sleep? Prevent sleep sabotage by sticking to this pre-bedtime timeline.

HOURS BEFORE BED ▶



The importance of sleep

Half of teenagers sleep deprived, say experts

By Eleanor Bradford
BBC Scotland Health Correspondent

26 August 2013



The increasing use of screen-based technology is in part blamed for disrupting sleep

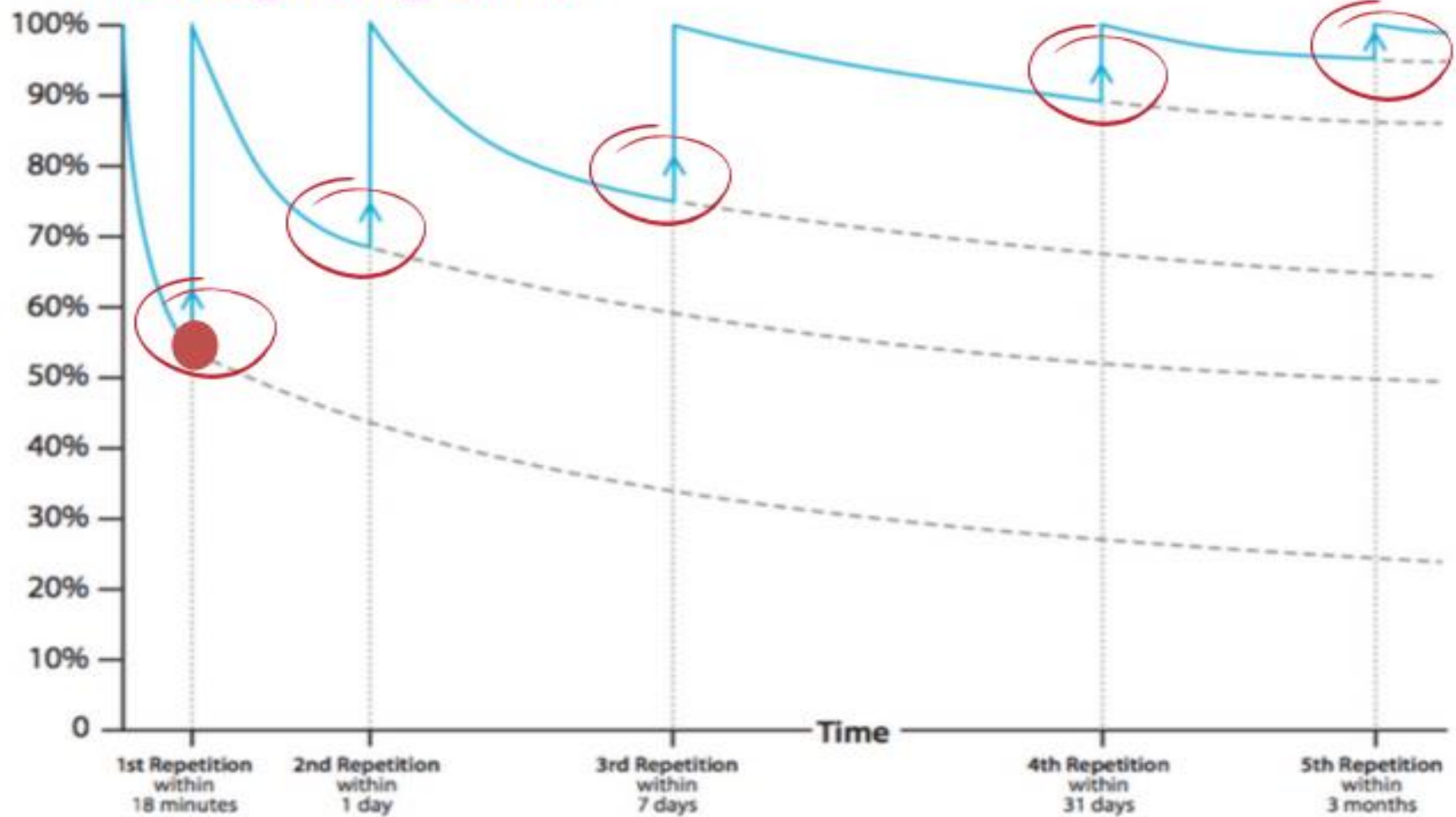
Consequences

- Limit your ability to learn, listen, concentrate and solve problems
- Mood swings
- Poor judgement and decision making
- Reduced alertness
- Physical side effects including weight gain and skin problems
- Increased likelihood of depression

Tips for managing workload:

- * Make use of the school planners; effective recording of homework tasks and dates for assessments to plan work accordingly. This should be checked and signed by you weekly.
- * Homework is not set to be completed overnight at WHSG, so organisation is key to avoid rushing to meet deadlines.
- * Suggest a homework or revision timetable that also includes leisure or 'down' time.
- * Try to discourage devices during 'down' time.
- * Allow for working at their own pace and in their own way, with gentle encouragement.
- * Encourage your daughter to discuss concerns with their teachers before it becomes too much.

The Forgetting Curve



What is spacing?



1/2
hour



1/2
hour



1/2
hour



1/2
hour



1/2
hour



1/2
hour



1/2
hour



1/2
hour



1 hour



1 hour



1 hour



1 hour



Finally...

- * Parental support is eight times more important in determining a child's academic success than social class.
- * The Campaign for Learning found that parental involvement in a child's education can mean the difference between an 8-9 grade at GCSE, and a lower grade.