



Wallington High School *For Girls*

HEIRS OF THE PAST, MAKERS OF THE FUTURE

FRIDAY 9TH
JUNE 2023

THE WALLINGTON WEEK

MESSAGE FROM THE HEADTEACHER

This week our Year 10 Geographers were particularly pleased about the sunny weather as they completed a fieldwork visit to London Docklands. Fieldwork and curriculum visits like these have been a welcome re-addition to the school calendar since COVID as they help to bring learning to life.

We have also had our GCSE and A Level art exhibition take over the Hall this week and I have been astounded by the quality of work that has been shown. Congratulations to all our artists and thank you to Mrs Moore, Mrs O'Connell and Ms Gelly for the work they have put in to support such a wide variety of projects. Students in lower school were given an opportunity to visit the exhibition in their art lessons and at lunchtimes which will hopefully inspire the next generation of young artists.

Looking ahead, the sunny weather looks set to continue into next week so please send your child in with a re-fillable water bottle. There are a number of water stations around the school which can be used during the day.

Wishing you a pleasant weekend.

- MRS C GODYN



PARENT WORKSHOP: SEN DROP IN

Date and time: Mon 19th June, 17.30-18.30

Facilitator: Mr Craig Smillie (SENCo), Dr Sally Wallis (Assistant SENCo) and Tracey Matthews (Adapt to Learn ASD Specialist)

Location: This event will be held at WHSG

Mr Craig Smillie (SENCo), Dr Sally Wallis (Assistant SENCo) and Tracey Matthews (Adapt to Learn ASD Specialist) will be available to speak to parents of those students who have SEN. This will be an informal session where parents can ask questions, share experiences and gather ideas for supporting their child with SEN.

PARENT WORKSHOP: TRANSITION FROM PRIMARY TO SECONDARY SCHOOL

Date and time: Wed 5th July, 18.30-20.00

Facilitator: Hayley Cameron and Steve Welding - Education Safeguarding Manager and Education E-safety Adviser from Cognus

Location: This is a virtual event - Zoom

Hayley Cameron and Steve Welding from Cognus will be providing parents with helpful hints and tips on how to support their child as they transition from Primary to Secondary school. The Education Welfare Officer will also be on hand to provide guidance on attendance and the legal framework around school absence.

The link is [here](#) for this online workshop: Join Zoom Meeting

Meeting ID: 857 6601 4007

Passcode: 184495

CURRENT VACANCIES

Our current vacancies can be found by browsing our Trust's website: www.girlslearningtrust.org.

Currently WHSG are looking for: 'Ad Hoc' Cover Supervisor's.



STUDENTS' MEDICATION AT SCHOOL

If any student has a condition that requires medication such as Adrenaline Auto Injectors, Antihistamines or Inhalers can parents and carers please ensure that we are provided with a spare to be kept in the first aid room, in addition to medication carried by the student.

HAYFEVER - ALLERGIES

As we are approaching a particularly stronger hay-fever season, can we please remind you that if your child has a condition requiring antihistamines that their supply is brought to the First Aid Room.

We require all medication to be supplied in its original container with leaflet, accompanied by a completed Parental Permission Form (available from the school website, school Life, Pastoral Care or by this link

<http://wallingtonhighgirls.fluencycms.co.uk/Pastoral-Care>

We would also ask that you would provide the school with replacements as and when the expiry date is reached.

The medication will be stored in the First Aid Room and given to your child as detailed on the Parental Permission Form.

Thank you.

ONLINE IDENTITY SERIES

Internet Matters Ambassador Dr Linda Papadopoulos shares advice for parents and carers to help children and young people be more authentic online and build an online identity that reflects them positively as they become more active online. You can find the resources [here](#).

SUPPORTING YOUNG PEOPLES' WELLBEING ONLINE

The social media world of fast-scrolling, instant connections and perfection can have a detrimental effect on wellbeing. It is important that parents have the knowledge and confidence to talk to their children and as such Internet Matters have put together a guide for parents. Although the guide is titled "support young girls aged 9-10", there is good advice for children of any age. You can find the guide [here](#).





May 2022

Online Safety Shareable by:

ineqe
SAFEGUARDING GROUP

oursaferschools.co.uk

Exam Stress

5 Tips To Thrive This Exam Season

Do you recall the stress of exam season when you were at school? Hours of studying, sleepless nights and then the big day arrives; you find your place in the exam hall, turn over the page and try desperately not to crumble under the pressure.

For young people today, exam stress is no different – although it could be speculated that, if anything, it's worse. The pressures of social media, the impact on mental health from the pandemic and lockdowns and the interruptions to their education from the same, may all have their part to play in why increasing numbers of children and young people are turning to organisations like Childline for help with exam anxiety.

Good vs Bad Stress?

Some people will experience good stress that motivates them to revise and work hard, allowing them to perform at a higher standard. This sort of stress can be well within some young people's coping abilities. Bad stress refers to when someone experiences feelings of anxiety, mental suffering, affliction or it has negative implications.

How Can You Help?

1. Talking and Listening.

One of the first factors to consider is choosing your timing - don't pick a time in which they might feel rushed or distracted.

It may feel logical to ask a young person to come sit on the sofa or at the dining room table, but this could create an atmosphere of intensity – or, even worse, like they're in trouble! Instead, try open a conversation when you're in a more casual setting and with perhaps less intense eye contact! For example, when on a walk, out for dinner or in the car.

Ask open questions, i.e., questions that don't have a 'yes' or 'no' answer. Open questions allow space for the person answering to talk, rather than just give a short response that could 'kill' the conversation.

If you can, acknowledge that this might be a difficult time and that you know exams can cause stress and emotional upset.

For Example

I'm sure going through this period of your life with exams and studying must be very stressful – how are you feeling?

I remember being very stressed when I was doing exams and I could have used some extra support – what would you like me to do to support you through this time?

3. Be Understanding.

Be flexible when it comes to your expectations; chores may have to take a backfoot for a while. If the young person in your care is struggling to cope, they may not have enough emotional 'room' to deal with other issues or situations – they aren't being selfish, their emotional capacity is simply 'full'.

It is important to remind young people to keep exams in perspective – they are short term and will eventually end, meaning the feelings of pressure and stress they have will end too.

4. Use Tech for Good.

Phones, laptops and gaming consoles are a big part of young people's daily lives – but in times of stress, they can become a force for good or for bad.

Look together at apps and websites that could potentially help to minimise their anxiety about exams, such as yoga and mindfulness apps. Understand that their screens may be the escape they require, despite it appearing outwardly unproductive. Connecting through social media, watching Netflix or playing a game may be the 'off-time' they need to keep them balanced and avoiding burn out.

2. Know the Signs and What to Do.

Don't be afraid to seek support for children in your care if they display a number of the following signs that may be indicative of exam stress:

- Inability to sleep, eat and/or socialise.
- Uncontrollable feelings of anxiety, anger, stress and/or worry.
- Panic attacks, self-harm behaviours, and emotional outbursts.

If you are concerned about them, knowing where to turn to next is important – talk to the young person/people you support about organisations that can help, such as Childline.

5. Support Healthy Routines.

Alongside healthy screen time routines, it's important to make sure other aspects of a healthy lifestyle are being maintained, such as sleep hygiene, healthy eating habits and exercise.

Ensure your young people are aware of their own boundaries and when they need a break - there are apps available for this purpose. It can assist in ensuring they are revising in manageable amounts; not too much and not too little!

It's thought that when we sleep, our brains process information to create memories, a vital function when learning and retaining information. Physical activities like exercising, going for a walk or playing with your dog can be the break from school and screens that a young person needs. Exercise has many benefits to our physical and mental health.

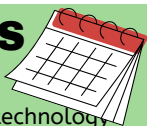


CAREERS NOTICEBOARD

For the latest careers news visit: **WHSG Careers Noticeboard**



UPCOMING EVENTS



Springpod highlights:

Siemens - All about engineering and technology from one of the biggest innovators

Allied Health Professionals: Online Work-Related Learning

Speakers for Schools Highlights

Multiple In-person and Virtual experience at South London & Maudsley Hospital

Unifrog webinars

Explore Social Policy, Sociology, Criminology and Policy, Politics and Economics with the University of Birmingham - 13th June

Careers in Early Years Education - 14th June

Meet the Russell Group - 19th June

How to ace your Personal Statement - 19th June

Medic Mentor - Free virtual conference 25th June

Morgan Stanley - Summer Academy: Six week webinar series designed for students in Year 11-13 for inquisitive minds who are interested in gaining an understanding of Morgan Stanley, the industry and key topics. Application deadline 9th July

Doctors Live: Immersive Surgical Experience Gain an insight into the fascinating world of surgery in our virtual operating theatre. For students aged 14+ passionate about gaining an insight into the world of Healthcare and STEM - 24th June.

See [Careers Noticeboard](#) for latest info.

CAREER SPOTLIGHT

eCLIPS

Solicitor

Solicitors have day-to-day contact with the public, giving advice and help on all kinds of legal matters.

They can represent clients in tribunals, in county and magistrates' courts and, with specialist training, in the higher courts.

Solicitors give instructions to barristers for the cases they present in court. They need a wide knowledge of the law, but may specialise in areas such as criminal, employment or family law. Most solicitors work in law firms, others work in local and central government, and in industry and commerce.

Solicitors must have the right 'character and suitability' for the role. They need:

- Tact and sensitivity
- Excellent communication skills - both written and spoken
- The ability to pay close attention to detail
- Good organisational skills
- The ability to cope with large volumes of work.

To explore different careers in Law and find out which might suit you, have a look at the leaflet on [Law - Areas of Work](#) and [eClips Solicitors](#)

For information on over 1400 careers plus a wealth of advice and information on education and employment choices visit [eClips online](#) (P/W: baustu74)

UNIFROG TIP OF THE WEEK [Subjects Library](#)

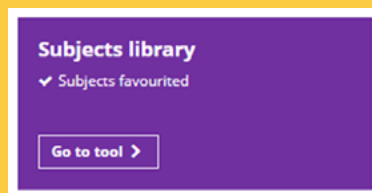


The Subjects library allows you to explore detailed profiles of every major university subject area with in-depth sections covering reading lists, podcasts to follow, films to watch, articles to read, and hot topics to think about.

Search for courses by keyword, or try putting in the subjects you're studying at the moment. You can also search by subject area, characteristics or interests.

Watch interviews with university students, read up on their experience and advice, have a look at their annotated personal statement, or browse the 'Recommendations' sections for books, articles, podcasts, TED talks and current issues related to your subject.

Exploring Pathways





SPORTS NOTICES



Y9&10 ROUNDERS

Y9&10 rounders teams played in matches against Carshalton Girls and Glenthorne this week walking away with 4/4 wins! Well done to POMs Onyema and Sara (Y9) and Hannah and Lucy (Y10).



CRICKET U12A+B



They may have lost but the U12A+B teams gave it everything in their first cricket fixture tonight vs Nonsuch. Well done to them all especially the players of the matches Nikita and Imaan.

For more regular updates, follow us on Instagram

@WHS GPE



Follow us on
Instagram

Year 7 Cricket Inter-house



Where: Top Field

When: Monday 12th June 3 - 4.30pm

Who: Team of 8 (4 batting pairs)

**we will be starting promptly at 3pm

