



WALLINGTON HIGH SCHOOL FOR GIRLS

The Wallington Week

HEIRS OF THE PAST, MAKERS OF THE FUTURE

Monday 27th January 2025

Message from the Headteacher

We are very excited to be holding our very first Alumni Reception for ex-students on Fridays 31st January. We have over 160 guests who will come together and share memories about their time here. The PFA will be serving refreshments and we will have a roaming mic so that guests can share any highlights of their time here. We hope to hold this event every year as we continue to grow our Alumni network.



The PFA are running a Spring Fair on 28th Feb from 3.30-6pm. Stallholders pay £30 to the PFA and all profits are their own. Please contact them if you wish to have a stall, contact the PFA at pfa@wallingtongirls.org.uk and please do attend!

Our students had a wonderful time on Cern trip. They toured the Large Hadron Collider and the Antimatter Factory as well as hands on workshops creating cloud chamber cosmic ray detectors. They took trips to Geneva University to learn the fundamentals of superconducting as well as a tour of the United Nations which completed a busy trip.

Last week, Mr. Donnelly met with our Parent Focus Group to discuss parent workshops, setting homework online, and KS3 reports. The discussion was fruitful and generated plenty of constructive feedback. Many thanks to the parents who attended, for giving up their time and sharing their views—it is greatly appreciated. We really value stakeholder voice and are always open to listening to parent views.

A polite reminder to parents that we do not accept phone calls regarding lateness only emails.

Useful Links

Co-Curricular Activities

SOCs, the school's online system for Co-Curricular activities, will allow your child to see all available activities but also allow you to view after school registers to see if your child is attending and in school.

Careers Noticeboard

For live updates on careers related opportunities please [click here](#).

Current Vacancies

Click here for a link to our [vacancies](#) page

Upcoming Events

27th January- Medical, Dental and Allied Healthcare Evening

31st January- Alumni Event

4th/5th/6th- School Production Performances 7pm

12th February- Y9 Options Evening

Calendar

Week B

Monday 27th January

- Year 11 Guidance Meetings- (ALL WEEK)
- Year 11 Mock Orals (Mon-Wed)
- Late Detention- E06 (15.10-15.30pm)
- Medical, Dental and Allied Healthcare Evening (Main Hall) (17:00-18:15pm)

Tuesday 28th January

- Year 11 Mock Orals (Mon-Wed)
- Late Detention E06- (15.10-15.30pm)

DofE Parents Breifing aimed at all DofE levels (Online) (18:00-19:00pm)

Wednesday 29th January

- Year 11 Mock Orals (Mon-Wed)
- Intermediate Mathematical Challenge
- Year 11 Mock Orals (Mon-Wed)
- Central Detention E06 – (15:10pm-15:40pm)

Thursday 30th January

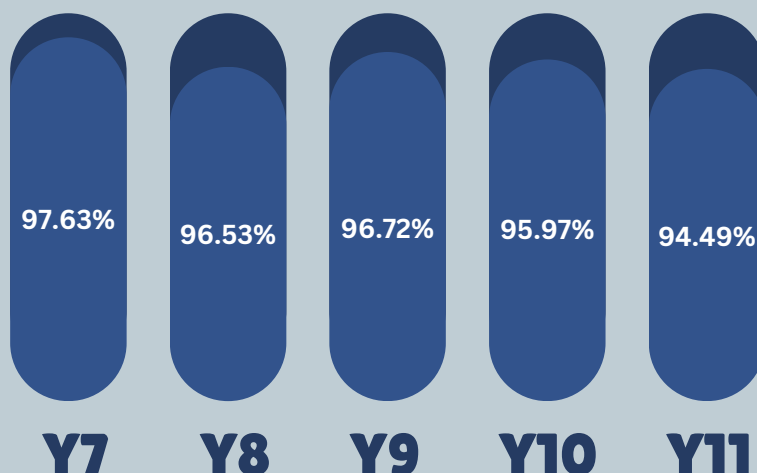
- Late Detention E06- (15:10-15:30pm)

Friday 31st January

- Central Detention- E06 (15:10-16:10pm)
- Late Detention- E06 (15:10-15:30pm)
- Alumni Event- (17:40-20:15pm)

Attendance Percentages

Between 02/09/24 - 21/01/25



DSL Messages

Social Media & Gaming - What Parents Need to Know – Parent Workshop

Date and time: Thurs 6th Feb 2025, 19.00-20.00

Facilitator: Dr Danielle Shbero - Clinical Psychologist from Sutton CAMHS **Location:** This is a virtual event – Eventbrite

This workshop talks through the relationship between mental health and different forms of screentime – some of the myths, science and also tips for how to think about and support your teen around different forms of screentime. To register for this online workshop please click on this link: [Social Media & Gaming - What Parents Need to Know Tickets, Thu 6 Feb 2025 at 19:00 | Eventbrite](#)

What Parents and Carers Need to Know About: Health & Fitness Apps

A study entitled The Digital Health Generation has highlighted that more than 70% of young people in the UK, some aged just 8, are using apps and other digital online technologies to track and manage their health. For those of us who might struggle with sticking to a routine or even knowing where to start, physical wellbeing and fitness apps promise to do the heavy lifting for you providing meal plans, exercise routines and more. However, some of these apps aren't always as safe as they might first appear, and they tend to present a few risks to their users – especially for their underage demographic. Please see the guide below to provide you with expert advice on how to mitigate these risks for young people.

E-Safety Parent Workshop

Date and time: Thurs 13th Feb 2025, 18.00-19.00 **Facilitator:** Steve Welding - Education E-safety Adviser from Cognus **Location:** This is a virtual event – Teams

Steve Welding is an online safety specialist who wishes to educate all parents on how they can support their children to make the correct choices online. As a parent or carer you play a key role in helping your child to stay safe online. You don't need to be an expert on the internet to help keep your child safe online. This workshop will provide you with advice and resources to help you in supporting your child to use the internet safely, responsibly and positively.

Please see the meeting details below:
Microsoft Teams Meeting Meeting ID: 381 417 558 588 Passcode: HUGTxw

-Mrs M Sundborg
Assistant Headteacher
Designated Safeguarding Lead

DSL Messages

Children's Mental Health Week

Children's Mental Health Week is taking place from 3-9 February 2025. This year the theme is "Know Yourself, Grow Yourself" in partnership with Here4You, supported by The Walt Disney Company and the Inside Out 2 characters. Our Student Wellbeing Mentors have already started delivering assemblies on raising awareness of mental health and wellbeing and the support available in school for students. During the week itself we also have lots of activities planned such as wellbeing drop ins and "reading fest" as well as cookie decorating at lunch – these will all be led by the Wellbeing Mentors. Finally, on Friday 14th February we will be having a non-uniform day to raise money for Place2Be - a children's mental health charity who provide mental health support in schools through one-to-one and group counselling as well as offering expert training and professional qualifications. For more information please see their website - [Improving children's and young peoples mental health – Place2Be](#)



-Mrs M Sundborg
Assistant Headteacher
Designated Safeguarding Lead

SEND



Please join us for our free, relaxed coffee morning!

Venue: Wallington High School for Girls, Main Hall

Date: Weds 19-March between 10-11.30am

This is an opportunity to meet parents and carers from our community over coffee and biscuits.

Hosted by the SEND Team with presentations from:

Rachel Rebello, Educational Psychologist

Tracy Matthews, Autism Specialist

Robyn Schofield, COGNUS

Ciar Richardson, SIASS

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children; a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

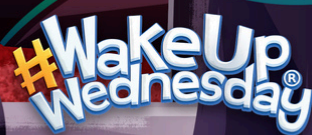
Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



What are low-level concerns?

concerns?



A low-level concern is an allegation against a staff member that doesn't meet the harms threshold and this person doesn't pose an immediate risk towards students.

The adult in question may have acted in a way that:

- Is inconsistent with the staff code of conduct, including inappropriate conduct outside of work
- Is otherwise not considered serious enough to consider a referral to the local authority designated officer (LADO)



Examples of low-level concerns



- Being over-friendly with children
- Having favourites
- Engaging with a child in a secluded area or behind a closed door
- Using inappropriate sexualised, intimidating or offensive language
- Being overly aggressive to certain pupils

Examples of self-referrals



- Finding yourself inadvertently in a room on a one-to-one basis with a child
- Reflecting that you reacted excessively
- You said something inappropriate, either unintentionally or otherwise
- You acted inappropriately or unprofessionally
- You acted against the staff code of conduct

Niggling concerns or doubts



- The way a person behaves towards a child or children makes you feel uncomfortable
- The way a staff member behaves towards a parent makes you feel uncomfortable
- The way a staff member reacts to you or another staff member makes you feel uncomfortable

Speak to:

Talk to me about your concerns

For more support with safeguarding, search

Tes safeguarding advice 

What is **safeguarding**?

Safeguarding ensures that every child, regardless of their age, disability, gender reassignment, race, religion or belief, sex, or sexual orientation, has a right to equal protection from harm. It's the steps that people take to protect children and vulnerable people from harm.



Examples of safeguarding concerns to look out for:



Physical

A group of children pushing or hitting a smaller child when an adult isn't looking.



Emotional

A crying child running towards their parent who responds in a harsh manner using inappropriate language.



Sexual

A teenage girl walking home being catcalled and harassed, or being touched without consent.



Neglect

A child wearing the same dirty clothes every day and stealing food from other children.



How can you help?

If you ever see anything happen to a child that makes you feel uncomfortable, please let your safeguarding lead / person know. You're not causing problems – you could save a child from unnecessary harm.

Any one of these things might not mean anything, but if your safeguarding lead / person isn't told, they can't help.

Speak to:

Talk to me
about your
concerns

For more support with safeguarding, search

Tes safeguarding advice 

Attendance

Requests for absence, including illness or appointments should be sent to:

attendance@wallingtongirls.org.uk

Please provide at least 2 full school days notice of a planned absence for the school to complete the required processes before the event.

Absences for longer than one day need to be confirmed at least 2 weeks prior to the event. Families should note that requests for holidays during term time will not be approved and penalty fines can be issued.

To notify WHSG of a leave of absence, please complete this form and return to the email above

Contact Information and emails

If you need to update your home address or contact telephone number, emergency contacts or any other information, please send the updates to:

KS3 and 4 –

mandrews@wallingtongirls.org.uk

KS5 –

jday@wallingtongirls.org.uk

When replying to any SchoolComms emails, please use the individual contact email provided and for general enquiries use

info@wallingtongirls.org.uk



Parking

Parking Please note that parents are unable to park or drive into the school grounds between the hours of 7.30 -4.30 for safeguarding reasons. Families can contact our reception to ask for permission, where the needs arises for a pupil with mobility issues.

reception@wallingtongirls.org.uk

Please also ensure that when dropping your child at school each day, you are respectful of our local residents by not blocking drives and roads or impacting others safety by parking or dropping off your child(ren) irresponsibly

Punctuality

Punctuality Good punctuality to both lessons and to school is expected of all students. We know that employers place great importance on punctuality and attendance, therefore it is important for our students to understand the value of being on time.

WHSG will issue same day, 20 min detentions for students that are late into school, without a valid reason or persistent lateness to classes. Parents and students will be notified as soon as possible of the detention and the reasoning by email.

We ask that parents support these actions as important processes for the school and understand that detentions cannot be moved for any after school clubs or enrichment events. Should a detention clash with a medical appointment, evidence will be requested for the school to show flexibility.