



Wallington High School *For Girls*

FRIDAY 14TH
JANUARY 2022

HEIRS OF THE PAST, MAKERS OF THE FUTURE

THE WALLINGTON WEEK

MESSAGE FROM THE HEAD TEACHER

May I start by wishing you all a happy and safe New Year.

One of the things we are looking forward to this term is our school production, 'A Midsummer's Night Dream', which will take place in the second half of this term. Everyone involved has been working hard with rehearsals to ensure that it will be a great production so please keep an eye out for further details over the next few weeks.

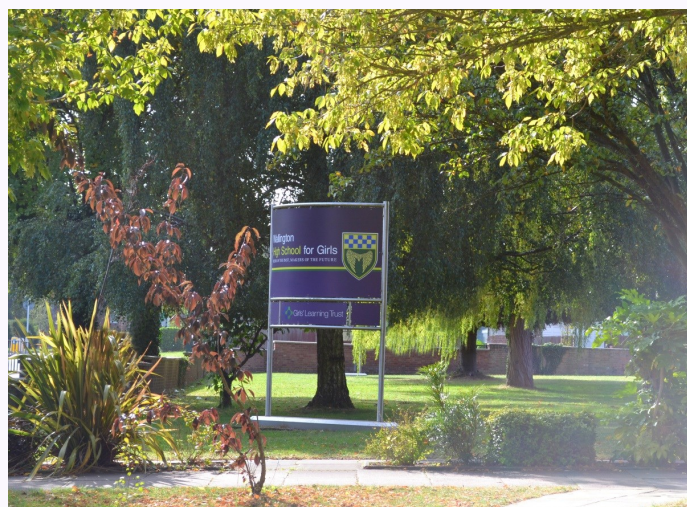
Year 13 have been continuing with their mock exams this week and Year 11 students have now started having their guidance meetings with Senior Staff. These meetings are an opportunity for students to discuss their A level options and future career plans. It is great to see so many parents attending these meetings (although we understand that this may be difficult for some parents) and these will continue for the rest of this month.

Our assembly programme for this term is currently being held virtually and this week's focus has been on developing and maintain good habits. This includes understanding that if you change your habits, it often takes a long time before you start to see any results or improvements as well as the important of focusing on how you are going to go about achieving your goal rather than just focusing on the goal itself. If you are not getting the results you want, change your process not your goal.

Finally, a few Covid related items. Please remember that anyone who receives a positive LFD test result will now required to self-isolate immediately, and if you have symptoms, will need to get a confirmatory PCR. In addition, the rules around the length of the isolation will be changing from Monday 17th January so that people self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative on both day 5 and day 6 and do not have a temperature, individuals who are still positive on their rapid lateral flow tests must stay in isolation until they have had 2 consecutive negative tests taken on separate days. Further details can be found [here](#).

Have a great weekend

MR R BOOTH
HEADTEACHER



**Wallington
High School *For Girls***
HEIRS OF THE PAST, MAKERS OF THE FUTURE

WE ARE ON TWITTER!

KEEPING YOU UP TO DATE WITH
THE LATEST NEWS AND EVENTS DAILY HERE AT
WALLINGTON HIGH SCHOOL FOR GIRLS

FOLLOW US AND STAY CONNECTED



@girlswallington

THE WALLINGTON WEEK

ENRICHMENT UPDATE

SPRING ENRICHMENT DAY

Planning is going full throttle for the Spring enrichment day on the 10th March 2022, for our second curriculum enrichment day of the year. We look forward to making some exciting announcements over the coming weeks.

With that in mind we are looking for some help with one of the days, we are looking to arrange.

CALLING PARENTS/CARERS: WHSG NEEDS YOU!

We will be running a Disability Awareness Session as part of our Enrichment Program this spring and as such we wanted to reach out to our community of Parents/Carers.

We would love some parents/carers to come in on the day and talk to our students about your personal experiences of a disability and any difficulties or triumphs or any expertise you may have in this area.

Please do contact us on enrichment@wallingtongirls.org.uk if you are interested in helping or have any skills you wish to share with our community.

GCSE AND A LEVEL DRAMA RESIDENTIAL

Although it may seem a long way off, we have arranged for our Drama GCSE and A Level students to be able to attend a two day education conference in Colchester. The conference has been designed to give students opportunities to learn from industry professionals and to strengthen their understanding of the various aspects of Performing Arts and the Drama Curriculum.

Any students that are studying Drama at GCSE or A Level should have received a reminder communication inviting them to join the overnight residential. If you wish to attend, please provide your consent and pay the first deposit via our Parent pay by the deadline of the 23rd January 2021.

KS5 GERMAN STUDY DAY

Students that are studying German also have been given an exciting opportunity to undertake a KS5 German study day at the British Film Institute, Southbank on the 20th January 2022.

The event will be all day and cost £15.50 for a student to attend. Communications have been sent to those relevant students and payments can be made via the Parent Pay system.

Turn around for this event is tight as the deadline for payment in Monday 17th January 2022.

BRASS, AURAL AND MUSIC THEORY LESSONS

- Trumpet/cornet lessons
- Trombone lessons
- French horn lessons
- Baritone horn lessons
- Aural lessons – to support ABRSM and Trinity grade exams 1-8
- Music theory lessons – ABRSM grades 1-8, a great supplement to GCSE/AS/A Level Music studies.
- 30 minute individual lessons
- All levels welcome from beginner to advanced
- Theory lessons can also be taught in small groups.

For Brass, aural and/or theory lessons please contact the Head of Music, mngobi@wallingtongirls.org.uk with your full name, year group, instrument, ability and parent email address.

GUITAR LESSONS

We are looking to re-introduce guitar tuition in school after February half-term, as part of our offering of instrumental and vocal lessons. Lessons are weekly, lasting 30 minutes. If this is something you would like to take up or for more details regarding costs and timings, please contact **Mrs Ngobi** (Head of Music) at mngobi@wallingtongirls.org.uk



ADDITIONAL LANGUAGES AT GCSE OR GCE

Are you studying an additional language outside of school? Would you like to sit the exam here?

To request an entry form, please email:
exams@wallingtongirls.org.uk

The deadline for completion and return is:
11am on MONDAY 7th FEBRUARY 2022

Exam fees for additional languages are payable via
ParentPay.
Details on the form.

THE WALLINGTON WEEK



Wallington High School *for Girls*

PE & Dance Extra Curricular 2021-22

Spring Term

(Monday 10th Jan – Friday 18th March)

	Year 7 Clubs	Year 8 Clubs	Year 9 Clubs	Year 10 Clubs	Year 11/Senior Clubs
Monday	Netball Club (A-D Team) (Courts) 3-4pm Teacher: K Parkinson	Dance (Royal Academy) (Dance Studio) 3-4pm Teacher: RAD/S Collins *Begins Oct 21 (Audition)	Gymnastics Club (Squad) (Gym) 3-4pm Teacher: J Little	Gymnastics Club (Squad) (Gym) 3-4pm Teacher: J Little	Gymnastics Club (Squad) (Gym) 3-4pm Teacher: J Little
	Dance (Royal Academy) (Dance Studio) 3-4pm Teacher: RAD				
	Netball Club (Non team players) (Netball Court) 3-4pm Teacher: L Leaders	Badminton Club (Gym) LUNCH Teacher: Leaders			
Tuesday	Gymnastics Club (Gym) 3-4pm Teacher: J Little	Gymnastics Club (Gym) 3-4pm Teacher: J Little	Dance Club (Dance Studio) 3-4pm Teacher: Grays Dance School/S Collins	Dance Club (Dance Studio) 3-4pm Teacher: Grays Dance School/S Collins	Dance Club (Dance Studio) 3-4pm Teacher: Grays Dance School/S Collins
	Athletics Club (Team only) (Sports Hall) 3-4pm Teacher: N Sasson	Athletics Club (Team only) (Sports Hall) 3-4pm Teacher: N Sasson	Basketball Club (Sports Hall) LUNCH Teacher: Leaders *starts 18 th Jan		
			Basketball Club (Sports Hall) LUNCH Teacher: Leaders *starts 18 th Jan		
Wednesday	Football Club (Bottom Field) 3-4pm Teacher: N Sasson	Netball Club (A-D Team) (Courts) 3-4pm Teacher: S Collins	Football Club (Bottom Field) 3-4pm Teacher: J Carter	Cricket Club (Sports Hall) 3-4.30pm Teacher: Surrey/K Bates	Cricket Club (Sports Hall) 3-4.30pm Teacher: Surrey/K Bates
	Dance (Grays Exam Classes) (Dance Studio) 3-5pm £fee Teacher: Grays Dance School	Football Club (Bottom Field) 3-4pm Teacher: J Carter	Cricket Club (Sports Hall) 3-4.30pm Teacher: Surrey/K Bates	Rugby Club (Top Field) 3-4pm Teacher: R Booth/M Durant	Rugby Club (Top Field) 3-4pm Teacher: R Booth/M Durant
	Table Tennis Club (Sports Hall) LUNCH Teacher: Leaders	Dance (Grays Exam Classes) (Dance Studio) 3-5pm £fee Teacher: Grays Dance School	Dance (Grays Exam Classes) (Dance Studio) 3-5pm £fee Teacher: Grays Dance School	Dance (Grays Exam Classes) (Dance Studio) 3-5pm £fee Teacher: Grays Dance School	Dance (Grays Exam Classes) (Dance Studio) 3-5pm £fee Teacher: Grays Dance School
Thursday	Cricket Club (Sports Hall) 3-4pm Teacher: K Bates	Cricket Club (Sports Hall) 3-4pm Teacher: K Bates	Netball Club (A-C Team) (Courts) 3-4pm Teacher: J Lake		Netball Club (A-B Team) (Courts) 3-4pm Teacher: J Waight/A Woodvine
	Trampoline Club (Gym) 3-4pm Max Force External Club *Sign-up Epay	Dance Club (Dance Studio) 3-4pm Teacher: J Lake		Table Tennis Club (Sports Hall) Lunch WKA Leaders	



World KITCHEN.

SAMPLE MENU

WEEK ONE

Aspens

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TRADITIONAL DISH

Pasta Carbonara
Penne pasta topped ham & cream sauce with garlic bread & salad

Cheeseburger
Beef burger with paprika wedges & slaw

Jerk Chicken
Marinated chicken with rice & peas toasted flatbread

Chicken Korma
Mild chicken curry with rice & naan, tomato & red onion salad

Chip Shop
Battered fish with curry sauce, chips & minted peas

VEGGIE DISH



Roasted Veg & Lentils pasta
Penne pasta topped tomato, lentils, veg sauce with garlic bread & salad

Spicy Bean Burger
Veggie burger with paprika wedges & slaw

Jerk Veggie Fillet
Marinated quorn fillet with rice & peas toasted flatbread

Vegetable Biryani
Mild Veggie curry with rice, naan, tomato & red onion salad

Chip Shop
Veggie spring roll with curry sauce, chips & minted peas

Hot DELI.

Our Hot Deli Range includes Fresh Dough Pizzas, Pasta & Noodle Pots, Filled Jacket Spuds, Panini, Hot Chicken Wraps, Wings & Loaded Wedges.

DELICIOUS DESSERTS

Raspberry Ripple Sponge

Chocolate Brownie

Carrot and Pineapple Muffin

Apple Flapjack

Ice Cream Tub or Chef's special

THE WALLINGTON WEEK

**World
KITCHEN**

SAMPLE MENU

WEEK TWO

Aspens


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**TRADITIONAL
DISH**

Meatball Marinara
Fusilli pasta topped
meatball & tomato
sauce with garlic
bread & Salad

Tandoori Chicken
Marinated chicken
with rice, mini
papadums, mango
chutney

Bangers & Mash
Sausages served with
mash potatoes, peas
& gravy

Southern Chicken
Marinated battered
chicken with corn on
the cob & Slaw

Chip Shop
Battered fish with
curry sauce, chips &
minted peas

**VEGGIE
DISH**



**Meatless ball
Marinara**
Fusilli pasta topped
quorn meatball &
tomato sauce with
garlic bread & salad

Lebanese Falafel
Pitta filled with
falafel, mint yogurt &
citrus salad

**Potato & Spinach
Frittata**
Italian omelette
served with roasted
veg & salad

**Southern
Baked Cauliflower**
Marinated cauliflower
with corn on the cob
& Slaw

Chip Shop
Veggie spring roll
with curry sauce,
Fried Rice
& minted peas

Hot DELI

Our Hot Deli Range includes Fresh Dough Pizzas, Pasta & Noodle Pots, Filled Jacket Spuds, Panini, Hot Chicken Wraps, Wings & Loaded Wedges.

**DELICIOUS
DESSERTS**

**Sticky Toffee
Pudding**

Carrot Cake

**Orange
Polenta Cake**

**Banoffee
Whoopie Pie**

**Chocolate
Crunch**

**World
KITCHEN**

SAMPLE MENU

WEEK THREE

Aspens


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**TRADITIONAL
DISH**

Beef Bolognese
Spaghetti topped
beef bolognaise
sauce with, garlic
bread & salad

**Chicken Chow
Mein**
Five Spice chicken
with noodles &
prawn cracker

Hunters Chicken
BBQ chicken &
bacon with wedges
& onion rings

**Lamb Shawarma
Wrap**
Lamb kebab wrap
with salad & fries

Chip Shop
Fish Finger Sandwich
with Tartare Sauce,
Chips & Mushy Peas

**VEGGIE
DISH**



Vegan Bolognese
Spaghetti topped
veggie bolognaise
sauce with, garlic
bread & salad

Teriyaki Tofu
Five Spice tofu with
noodles &
Prawn cracker

**Cauliflower
Popcorn**
Cauliflower with
Sweet chilli
dip, wedges &
onion rings

**Quorn &
Vegetable Wrap**,
Quorn wrap with
salad & Fries

Chip Shop
Battered Quorn
Sausage
with Curry Sauce,
Chips & Peas

Hot DELI

Our Hot Deli Range includes Fresh Dough Pizzas, Pasta & Noodle Pots, Filled Jacket Spuds, Panini, Hot Chicken Wraps, Wings & Loaded Wedges.

**DELICIOUS
DESSERTS**

**Chocolate
Cornflake Crispy**

Eton Mess

Banana Cake

**Raspberry
Flapjack Muffin**

**Lemon and
Sultana Cookie**

THE WALLINGTON WEEK

Aspens



TARIFF

Mid-morning SELECTION

Sausage Roll	£1.20
Bacon/Sausage/Vegetarian Bap	£1.20
Toast x2	£0.60
Hash Brown x2	£0.90
Mini Potato Waffles x4	£1.080
Cheese on Toast	£1.25
Breakfast Wrap	£2.10
Bacon & Cheese Turnover	£1.60
Brunch Pot	£1.30
Topped Toast	£1.25
American Pancakes with 1 Topping	£1.00

Main meal

Dine with us DEALS

Hot Dish Meal Deal £2.50
Just sandwich Meal Deal £2.50
Salad Pot Meal Deal £2.50

Look out for our new offers
all for £2.50

START YOURSELF A
COLD DRINK
HEALTHY
SANDWICHES & WRAPS
ENJOY
FRESH FRUIT
TICK UP A
DESSERT POT

World KITCHEN

Main Meal served with fresh vegetables

£2.30

Hot or Cold Dessert

£0.70



HOT PANINIS

STREET FOOD MARKET



JACKET POTATOES

Cold DELI

Baguette Just	£1.80
Baguette Classic	£2.00
Baguette Deli	£2.20
Sandwiches Just	£1.35
Sandwiches Classics	£1.60
Sandwiches Deli	£1.80
Wrap Just	£1.80
Wrap Deli	£2.10
Small snack Pot	£1.30
Protein Topper	£0.80
Dessert Pot	£1.00
Fruit Pot	£0.95
Fresh Fruit	£0.45

Hot DELI

Panini	£2.20
Toastie	£1.70
Ciabatta	£2.10
Plain Pizza Slice	£1.10
Topped Pizza Slice	£1.30
Plain 6" Pizza	£1.80
Topped 6" Pizza	£2.00
Plain Pasta	£0.80
Pasta with 1 Topping	£1.20
Pasta with 2 Toppings	£1.50
Plain Jacket with Butter	£1.20
Jacket with 1 Topping	£1.60
Jacket with 2 Toppings	£2.00
Chicken Burger	£1.80
Chicken Wings	£1.70
Theos Hot Wrap	£2.10

Drinks

Hot Drinks

Tea	£1.00
Coffee	£1.00
Hot Chocolate	£1.00
Latte	£1.00
Cappuccino	£1.00

Cold Drinks

Still Water	£1.00
Radnor Splash	£1.00
Radnor Fizz	£0.80
Radnor Splash	£0.60
Small Slushie	£1.00
Large Slushie	£1.50

THE WALLINGTON WEEK

New Meal Deals

MEAL DEAL

JUST SANDWICH 

+ 

HOMEBAKE OR
PIECE OF FRUIT

+ 

RADNOR SPLASH

£2.50

Aspens
01924 410100

MEAL DEAL

SALAD POT 

+ 

HOMEBAKE OR
PIECE OF FRUIT

+ 

RADNOR SPLASH

£2.50

Aspens
01924 410100

MEAL DEAL

DAILY SPECIAL HOT
MEAL OF THE DAY 

+ 

HOMEBAKE OR
PIECE OF FRUIT

+ 

RADNOR SPLASH

£2.50

Aspens
01924 410100

MEAL DEAL

HOT DELI DISH
OF THE DAY 

+ 

HOMEBAKE OR
PIECE OF FRUIT

+ 

RADNOR SPLASH

£2.50

Aspens
01924 410100

THE WALLINGTON WEEK

As part of the school's approach to Safer Internet Day on 8th February we will be offering resources and guidance on all things related to keeping safe online – please find time to read this guidance on TikTok.

What is TikTok?

TikTok is an entertainment platform. After downloading the TikTok app, you can start creating your own videos or watch content created by other users.

You can also find trending content by clicking the 'Discover' button. Creating and editing videos is simple, with different effects, filters, and stickers to choose from.

Age restrictions

TikTok is only for users aged 13 and over, and we actively remove underage accounts. You can report underage users in-app, by emailing privacy@tiktok.com or completing an online form tiktok.com/legal/report/privacy

Accounts for users **under 16** are set to **Private by Default**. Only someone the user approves can view or comment on their videos, they cannot Direct Message, their accounts are not suggested to others, and their videos cannot be downloaded.

For **16-17s** other features have enhanced privacy settings, with many set to **'Off by default'** unless the user actively decides to enable it.

How do I report a problem?

If you feel someone is harassing you or otherwise being inappropriate you can report them or a specific video to TikTok's dedicated moderation team in the app. You can also report via the web form - tiktok.com/legal/report/feedback

To report a specific user:

- Access the user's profile
- Tap on the **three-dot** menu in the top-right corner
- An option saying **report** will come up
- Follow the on-screen instructions

To report a specific video:

- **Hold** your finger on the video
- Tap **report** and follow the on-screen instructions

TikTok also works with the **Professional Online Safety Helpline (0344 381 4772 or helpline@saferinternet.org.uk)** If you're a professional working with children and you come across content that you do not think should be on TikTok, you can call or email POSH. The team will then report the content directly to TikTok's Trust and Safety to take action.

Gifts on TikTok

You must be 18+ to buy Coins, send Gifts and collect Diamonds on TikTok.

Coins: Users can purchase Coins, either through the app stores or from www.tiktok.com. These Coins can only be used on TikTok to send Gifts or other services that may be made available from time to time and cannot be refunded or reimbursed (because as soon as you purchase them they are downloaded to your account).

Gifts: One way to use Coins is to send Gifts to other users to show your appreciation for their content. The number of Coins that are needed to send a Gift will be displayed to you before you decide to send a Gift.

Diamonds: TikTok awards Diamonds to users to incentivise them to create content. TikTok takes into account the Gifts sent by users to show appreciation for other users' content when awarding Diamonds. Users that collect Diamonds can use them to initiate the payment of real money from TikTok.

Users having problems with any virtual currency should contact TikTok using this form:

tiktok.com/legal/report/transaction

Supporting community and wellbeing

TikTok does not allow content that promotes, glorifies, or normalises harmful content, however it does support people who choose to share their personal experiences to raise awareness, help others who might be struggling and looking for support among the community.

To help users do this safely, TikTok provides well-being guides (tiktok.com/safety/en-gb/well-being-guide) to support people who choose to share their personal experiences on the platform, developed with the guidance of independent experts.

Redirecting Users - when someone searches for words or phrases relating to sensitive issues they are directed to local support resources such as Samaritans or BEAT helpline.

Warning Users - when a user searches content that some may find distressing, for example 'scary make-up', the results page will be covered, requiring individuals to opt-in to see content.

How to stay safe on TikTok

Choosing to **make your account private** allows you to approve or deny followers and restrict your uploaded content to followers only. To make your account private:

- Tap on the profile tab
- Go to the **three-dot** menu in the top-right corner
- Tap on **Privacy**
- Then toggle **Private account**

You can keep your identity secure by not including any personal information, such as name, address, phone number or age in your profile.

Users can also manage their experience through the **Digital Wellbeing** tool in their settings, using 'Screen Time Management' and 'Restricted Mode', to limit the type and amount of content viewable.

Blocking users on TikTok

You can also block a user so they won't be able to view your videos or interact with you through direct messages, comments, follows, or likes.

- Go to the profile of the account you want to report
- Tap the **settings** icon
- Tap **block** and follow the steps in the app

Users can also **bulk report**, delete or block up to 100 comments or accounts at once by long-pressing on a comment or tapping the pencil icon in the upper-left corner to open a window of further options.

Control your comment section

You have the power to decide whether you want to allow comments on videos from everyone, followers only, or restrict them altogether. Using profile settings, you can filter all comments to prevent certain keywords, or pre-approve any comment that appears on your video.

Limit the content you see

If you don't like a video, you can simply long-press on that video and tap **Not Interested** to see less of that sort of video in the future.

Set your messaging preferences

For users over 16, only your Friends – those who follow you and you follow back – can send you a private message.

You can unfollow or block a user to stop them from sending a direct message or disable messaging entirely from your privacy settings.

Set your video to private

If you've already uploaded the video: **Tap the three dots, tap Privacy settings and select Only me**

If you're about to post a video you can choose who can watch it: **Only me, Friends or Everyone** and you can choose whether comments are allowed.

Additional information and support

You can find TikTok's policies, tools and resources in the Safety Centre: tiktok.com/en/safety

You can look at TikTok's safety videos to learn more: [@tiktoktips](https://tiktoktips.com)

UK Safer Internet Centre:
saferinternet.org.uk

Professionals Online Safety Helpline:
saferinternet.org.uk/helpline

Report Harmful Content:
reportharmfulcontent.com

Pick up a copy of this checklist along with other online safety materials on the SWGfL Store: swgflstore.com

What about parental controls?

The **Family Pairing** feature allows parents to customise their teen's safety settings based on their individual needs. It allows a parent to link their TikTok account to their teen's and set controls including:

- **Screen Time Management:** Control how long your teen can spend on TikTok each day.
- **Restricted Mode:** Limit the appearance of content that may not be appropriate for them.
- **Direct Messages:** Restrict who can send messages to the connected account, or turn off direct messaging completely.
- **Search:** Decide whether teens are able to proactively search for content

Parents or caregivers that enable Family Pairing receive advice for parents, which are also available on the Guardian's Guide section of TikTok's Safety Centre - tiktok.com/safety



Privacy & Safety Checklist

