



Wallington High School For Girls

HEIRS OF THE PAST, MAKERS OF THE FUTURE

THE WALLINGTON WEEK

MESSAGE FROM THE HEADTEACHER

It has been another week of goodbyes as we bid farewell to our Year 13 students as they start examination leave and their final exams. Their send off started with action packed RAG week with a different fancy dress theme for every day and lunchtime events such as 'teacher Mr and Mrs' and 'staff v student netball'. It culminated with a day of celebrations yesterday with a bouncy castle, ice-cream van and shirt signing on the field and followed up with pizza and goodbye speeches later on. We wish all our Year 13 students the very best of luck in their exams and look forward to celebrating with them on results day.

Also leaving us this week is Dr Walters, Teacher of Biology, who has been at Wallington just shy of 22 years. We thank her for her commitment to the students and wish her all the best for the future.

This week we also ran a study skills session for Year 10 students to help them prepare for their end of year exams and beyond. They had an introductory talk on the science of learning, followed by four workshops on effective study strategies, including: interleaving, spaced practice, dual coding, Cornell notes, summarising, and retrieval practice.

We look forward to welcoming Year 12 back to school on Monday after their end of year examinations. They begin the next stage of their Sixth Form experience with a 'Personal Statement Day' where they will learn more about the UCAS requirements and top tips for getting started writing their personal statements.

Have a good weekend.

- MRS C GODYN

MACLAURIN MATHEMATICAL OLYMPIAD

We are incredibly proud to announce that Julia in Year 11 has achieved a Distinction in the Maclaurin Mathematical Olympiad. This is an amazing result which places her as one of the strongest mathematicians of her age group in the country. It was already impressive that she achieved the best result in the Intermediate Mathematical Challenge in our school and was one of only 600 students in the country sitting this exam.

The questions on the Maclaurin paper are extremely challenging and Julia managed to achieve full marks on three on them. Here is an example of one of the questions on which she achieved full marks...

“ *ABCD is a square and X is a point on the side DA such that the semicircle with diameter CX touches the side AB. Find the ratio AX : XD.* ”

You can see the Maclaurin section on the UKMT website for the solution and for some other questions to try.

Many congratulations again to Julia!

CURRENT VACANCIES

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

Currently WHSG are looking for Teacher of Geography/Humanities, Teacher of Maths, Invigilators and Ad Hoc Cover Supervisors.



YEAR 11 PROM 2023

We are pleased to announce the launch of the Year 11 Prom which will be taking place on Friday 23rd June 2023. More details can be found in the communications sent earlier this week.

Tickets are £40.00 and available to purchase via Parent Pay. We encourage you to purchase tickets as soon as possible.

Thank you.

PRE-LOVED UNIFORM SALE

Following on from the success of the sales, we are in need of further uniform donations before we can plan a third pre-loved uniform sale this year. The success of the last two sales have resulted in us having very low stock of skirts, blazers and jumpers. Should families have any additional uniform they would like to donate, WHSG PFA will gratefully accept the donations by the end of term via our reception desk.

We will be in contact shortly regarding plans for a further pre-loved uniform sale.

If you have any further questions regarding pre-loved uniform, please contact the school via pfa@wallingtongirls.org.uk.

UNIFORM: STEVENSONS SPRING PROMOTION

Please find details of Stevensons Spring Promotion further below in the adverts section of this newsletter. This promotion runs for a limited time only (5th - 12th May). Code: SPRING15

PARENT WORKSHOP: SUICIDE AWARENESS

Date and time: Mon 15th May, 18.00-19.00
Facilitator: Ana Djurdjevic - Suicide Prevention Co-ordinator (Children and Young People)
Location: This is a virtual event – Teams

This workshop is for parents who would like to know more about suicide awareness. The workshop will consider the attitudes, myths and stigma that surround suicide. Participants will be encouraged to recognise and explore the 'signs' that may indicate a young person is having thoughts of suicide and how to have an open, safe and sensitive conversation about suicide.

Meeting details are below:

Microsoft Teams Meeting Join on your computer, mobile app or room device

Meeting ID: 358 728 738 087
Passcode: 5G5J32

TOGETHER FOR SUTTON - COST OF LIVING SUPPORT IN SUTTON

If you are in need of urgent help please contact the Council by calling 020 8770 5000, visiting www.sutton.gov.uk/support or going to the Civic Offices.

If you are feeling overwhelmed and not sure where to get help and support, please contact Together for Sutton by visiting www.togetherforsutton.org.uk or calling 020 8254 2616. Together for Sutton is a free, impartial and confidential advice service that is run by local organisations and funded by Sutton Council.

YEAR 10 STUDY SKILLS DAY

We recently held a Year 10 Study Skills Day to help students develop their independent study habits. The day included various workshops and seminars aimed at enhancing students' approaches and attitudes towards studying. Through the event, the school hoped to equip students with the skills they need to excel even further both academically and beyond.



FOLLOW

US ON TWITTER



@GIRLSWALLINGTON



WORK EXPERIENCE POLITE REMINDER:

YEAR 11 WEX: 10TH - 14TH JULY

YEAR 12 WEX: 17TH- 21ST JULY

Deadline for finding work experience: Monday 5th June



Every pupil should have first-hand experiences of the workplace through work visits, work shadowing and/or work experience to help their exploration of career opportunities, and expand their networks. Effective work experience can make a significant difference to the motivation, attainment and progression of students. However, finding a placement can often be a daunting task and so we would appreciate your support in helping your child to find a suitable experience. Please would you spend some time exploring any contacts which your child can use and help them to explore and research local companies who may be able to provide a placement. You may also be able to offer a work experience placement to another WHSG student; if this is the case, please contact me at the address below.

If you have any questions or concerns, please contact Mrs L Parkinson on lparkinson@wallington-girls.org.uk.



LOPPN AWARDS

We are pleased that Wendy has been selected for this year's loPPN Youth Awards. The selection process was highly competitive, and Wendy's application stood out due to her ability to meet the inclusion criteria and the relevance of her written text answers.

The awards ceremony will take place at the loPPN, where Wendy will get the opportunity to meet researchers and academics and gain insight into what further study and careers in STEM subjects entail. Successful applicants will receive a £50 book voucher and a certificate of attendance. The in-person visits will take place in the summer of 2023.

The loPPN Youth Awards offer a unique opportunity for students to gain valuable experience in research and academia. It's a great addition to Wendy's CV and UCAS application.

If you are interested in this award and have any questions about the award or the application process, please feel free to click [here](#) or e-mail hayley.denyer@kcl.ac.uk.

YEAR 13'S LEAVER'S DAY

On Thursday 11th May, Year 13 students celebrated their last day at school. Lessons ran for periods 1 and 2, with celebrations starting at break time. There were inflatables, ice-cream, food, and photographs on the field. At 12:15pm, the students gathered for the Leaver's Assembly, where teachers and students shared memories and well wishes for the future. The leavers' video was a highlight. After the assembly, students said goodbye to their form tutors and other key members of staff.

The last day of school for Year 13 students marked the end of one chapter and the beginning of another, filled with excitement, nostalgia, and bittersweet sadness.

Pictures of the day can be found in the gallery below.



YEAR 13'S LEAVER'S DAY GALLERY:

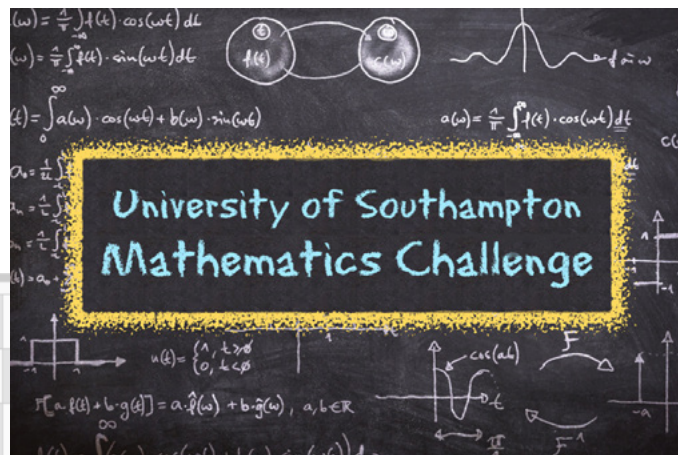




4TH PLINTH COMPETITION

Congratulations to Elizabeth for her winning entry to the Mayors 4th Plinth competition. Well done to all the other students also whose work made it to the shortlist. All our entries can be found on the website [here](#).

“ I had a wonderful time at City hall and the host, and the workers were very hospitable. I also got to look at many other brilliant art pieces which many powerful messages and/or were very humorous. The judges were also very kind, and you could tell they were passionate about inspiring young minds to think creatively. I was overjoyed when I found out I won 1st place in the 12-15 age group for my design of a road pigeon inspired by roadmen which I received a prize of loads of art supplies for. All in all, I had a delightful time which I will cherish greatly, and I was very proud to represent the school „ there.



MATHEMATICAL CHALLENGES RUN BY SCHOOL OF MATHEMATICAL SCIENCES AT SOUTHAMPTON UNIVERSITY

Every year the School of Mathematical Sciences at Southampton University run Mathematics Challenges for students up to Year 10. They receive over 1000 entries from as many as 80 schools across the South of England and beyond.

This year a number of students entered both the Junior and Senior Challenges and we have just received the results of the Junior Challenge.

We are delighted to share with you that five students from our Junior entries have been successful! Sofia F, Ozcar H and Neha K have won certificates of Merit, Aarna S has won a certificate of Distinction and Riana N has won a Third Prize. These are huge achievements and the students and their families have been invited to a Prize evening at the University of Southampton to celebrate.

We hope they have a wonderful evening and we are very proud of their achievements!



International Coalition of Girls' Schools





CLUBS & SOCIETIES: SUMMER TERM

If your child wants to find out which rooms these clubs are held please ask them to check their latest student bulletin on Frog.

Day:	Club/Society:	Who?	Time:
Monday	Debate society	Y9+	Lunchtime
	IT Club (AI)	Y7-9	Lunchtime
	Medical society	Y12-13	Afterschool (and 5:15-6pm)
	Sanaatan Dharma Society	ALL	Lunchtime
Tuesday	Board game society	ALL	Afterschool
	Drama club	Y7-9	Lunchtime
	Law society	Y9-13	Lunchtime
	Public speaking society	ALL	Lunchtime
	South Asian Dance Club		
	Taylor Swift society	ALL	Lunchtime
	Y8-11 Dance lead by Graves	Y8-11	Lunchtime
Wednesday	Allied Healthcare society	Y10+	Lunchtime
	Chess club	ALL	Lunchtime
	Christian Union	ALL	Lunchtime
	Coding club	Y10-11	Lunchtime
	Economics society (WK B)	Y10+	Lunchtime
	Engineering	Y12-13	Lunchtime
	History and Politics society	Y9+	Lunchtime
	Medical debate society	Y10-11	Lunchtime
Thursday	Spanish and Latin American Film club	Y12	Lunchtime
	Astronomy society	ALL	Lunchtimes
	Cricket club	Y7-8	Afterschool
	Feminist society (WK B)	ALL	Lunchtime
	French Film club	Y12-13	Lunchtime
	Pride society	Y10+	Lunchtime
	Sociology society (WK A)	Y7-11	Lunchtime
Friday	Wellbeing club	ALL	Lunchtime
	German Film club	Y12-13	Lunchtime
	Islamic society	ALL	Lunchtime



SPORTS NOTICES



Y9&10 CRICKET

Well done to our Y9&10 cricket team who competed at the Surrey Starburst Cricket Tournament today. They dodged the rain completely and came home with a win! Smashed it!



Y8 CRICKET

Some amazing cricket by our Y8s!! Two wins against Old Palace, even in the rain!! Huge well done!!



For more regular updates, follow us on Instagram

@WHS GPE



Follow us on
Instagram

SENIOR NETBALL

Our last senior game of netball season with a narrow loss against BTG! The team played amazingly with the final score of 10-9. Good luck in your exams and thank you for your commitment during the season!





SPORTS NOTICES



SUMMER INTERHOUSE COMPETITIONS

DATE:	COMPETITION:	NO. PLAYERS PER TEAM
MONDAY 22ND MAY	Y9 & 10 ROUNDERS	9 (SQUAD OF 11)
MONDAY 12TH JUNE	Y7 CRICKET	8 (SQUAD OF 10)
THURSDAY 22ND JUNE	Y9 CRICKET	8 (SQUAD OF 10)
MONDAY 26TH JUNE	Y8 CRICKET	8 (SQUAD OF 10)
TUESDAY 27TH JUNE	Y7 & 8 TENNIS	2 (SQUAD OF 3)
TUESDAY 4TH JULY	Y10 CRICKET	8 (SQUAD OF 10)
FRIDAY 7TH JULY	ALL YEARS CRICKET	8 (PAIR FROM EACH YEAR CHOSEN BY P.E TEACHERS)

GAMES CAPTAINS FOR SUMMER 2023

YEAR 7	CAPTAIN 1	CAPTAIN 2
ATHENA	HEIDI	SUMAYYA
BRONTE	KANYA	NAINA
CURIE	ELLA	SARAH
JOHNSON	NIKITA	ASHVE
PANKHURST	GEORGIA	ANYA
SEACOLE	JESSICA	SHAMBAVI
SHARMAN	SHAFIYA	VASUKI



SPORTS NOTICES



GAMES CAPTAINS FOR SUMMER 2023

YEAR 8	CAPTAIN 1	CAPTAIN 2
ATHENA	SOFIA	GRACE
BRONTE	KIMBERLEY	LIBBY
CURIE	KAYLA	GABRIELLA
JOHNSON	AMRITA	REYAH
PANKHURST	LAYLA	NICOLE
SEACOLE	KELLY	RENEE
SHARMAN	IHINOLEN	SERAH

YEAR 9	CAPTAIN 1	CAPTAIN 2
ATHENA	AMELIA	JESSICA
BRONTE	ELLA	HOLLY
CURIE	STELLA	ZAHRA
JOHNSON	PIRAHHASHNI	NAOMI
PANKHURST	EMILY	AMELIA
SEACOLE	DAISY	MAHAVI
SHARMAN	ISABELLA	EMMA



JAKE CARRUTHERS
TENNIS COACHING



TENNIS CAMPS

MAY HALF TERM CAMPS

MON 29TH MAY - FRI 2ND JUNE

The camps will help to keep your child active and engaged in sport over the May half term. Our amazing team of coaches are always enthusiastic and really help to create an awesome fun and friendly environment for the children.

We have space for 16 children for the 5-8 years group and 16 children for 9-17 years group and the camps run from 9-3pm. You can also pick half day options for your child 9-12pm or 12-3pm.

EXAMPLE CAMP TIMETABLE:



9.00 - 9.30am

Warm ups, Team Relays
& Racquet skills



9.30 - 10.30am

Technique drills



10.30 - 10.45

Snack break



10.45 - 11.30

Matches



11.30-12pm

Fun Games

**SIGN UP
5 - 8
YEARS**



**SIGN UP
9+
YEARS**



+10% OFF

for any child who is taking
part in our weekly lessons

or for more information and to book Email Jake at:
JAKECARRUTHERS1@GMAIL.COM
OR VISIT **SUTTONCHURCHESTENNIS.CO.UK**



DOWNSLAWN TENNIS CLUB **FREE TRIAL** SESSIONS

**FREE
TRIAL!**



**3-4
YEARS**

**FREE
TRIAL!**



**5-8
YEARS**

**FREE
TRIAL!**



**8-10
YEARS**

**FREE
TRIAL!**



**10-12
YEARS**

**FREE
TRIAL!**



**12-17
YEARS**

Only 16 places available in each session so please email
JAKECARRUTHERS1@GMAIL.COM
to book your space for your child

WWW.DOWNSLAWNTENNIS.CO.UK

📍 50 Holland Avenue, SM2 6HU



ADULT TENNIS

**GET FIT
& HAVE FUN**

BEGINNER

THURSDAYS | 6.30-7.30PM

**IMPROVER &
INTERMEDIATE**

TUESDAYS | 7.30-8.30



WITH 6 WEEK TENNIS COURSE INCLUDED
**8 WEEKS
MEMBERSHIP
ONLY £45**
WITH 6 WEEK TENNIS COURSE INCLUDED

JAKECARRUTHERS1@GMAIL.COM

Email to book your space

WWW.DOWNSLAWNTENNIS.CO.UK

📍 50 Holland Avenue, SM2 6HU

Selsdon Little League Netball

OPEN DAYS

Saturdays, 13 & 20 May 2023

We currently have vacancies in our Junior and Senior teams for next season.

Are **YOU** interested in joining us for regular matches during term time?

HAVING LOTS OF FUN

MAKING NEW FRIENDS

If so, we would love you to come along to
Riddlesdown College courts, Honister Heights, Purley

JUNIORS: Yrs 5-7 as at 1 Sept.
Registration 9.00 a.m. for 9.30-10.30

SENIORS: Yrs 8 & 9 as at 1 Sept.
Registration 11.00 a.m. for 11.30-12.30

If you can't make it on these days call Lorna Jones



For further information contact **LORNA JONES – 020 8651 2383**



STEVENSONS SPRING PROMOTION

15% OFF ALL ITEMS ONLINE & INSTORE*

We are delighted to announce our spring promotion.
You will receive a 15% discount on all items between
5th - 12th of May 2023

USE OFFER CODE:

SPRING15

*Terms & Conditions

Minimum spend £60

Excludes sale items

Offer valid online and in store on presentation of this flyer

STEVENSONS

EST. 1925

SCHOOL UNIFORM OUTFITTERS

TEEN SLEEP, SELF CARE, & SUMMER PLANS

A parent webinar to help understand & support
your Young Person



There can be many challenges with teen sleep - difficulties with regular routine, intrusion of social media and technology, poor sleep hygiene, sleep disruption and reversed sleep cycles. These cycles can also become worse over summer and holiday periods for some.

This session looks at some of the research and science around sleep hygiene, teenage sleep. thinking together about the challenges - and some options for supporting from the perspective of parents.

The second part shares up-to-date resources for supporting self-care over the summer period to support positive mental health and wellbeing over the upcoming summer break.

DATES & TIMES

Thursday 4th May 7.30-8.30 pm

Tuesday 9th May 12.30-1.30 pm

Thursday 11th May 7.30-8.30 pm

To book on to one of our three
available webinars, sign up for free on
Eventbrite using the link or QR Code
below:

<https://www.eventbrite.com/cc/secondary-parents-nhs-wellbeing-workshops-725989?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb>



wellbeinginschoolsevents@swlstg.nhs.uk



WHAT YOUNG CARERS SAY

"My sister has Autism and doesn't understand what danger is."

"My teacher thinks I'm lazy because I yawn a lot but I have to get up early to help my mum get dressed."

"I am the only one around when dad gets depressed. If I don't stay in for him, who will make sure he's ok?"

"If I don't keep an eye on my brother, he will run off and get lost."



CONTACT US



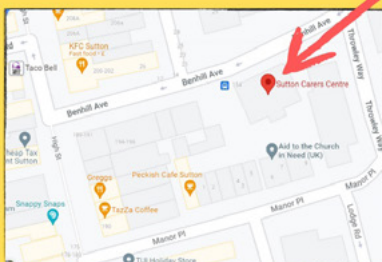
youngcarers@suttoncarerscentre.org



020 8296 5611



Sutton Carers Centre, Benhill House
12-14 Benhill Avenue
Sutton SM1 4DA



www.suttoncarerscentre.org



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Sutton Carers Centre



@SuttonCarersCentre



@SuttonYoungCarers



SUTTON
CARERS
CENTRE

A Network Partner of
**CARERS
TRUST**

CARING FOR YOU AS YOU CARE FOR OTHERS



YOUNG CARERS SERVICE



WHO IS A YOUNG CARER?

A Young Carer is someone aged 18 or below who helps look after someone (usually a member of their family) who may have:

- a physical disability
- additional learning needs
- long-term or short-term illness
- mental ill-health
- a drug or alcohol problem

We also support young people aged 18-25, but recommend they register via the Adult service. Please contact us if you wish to refer a young person aged 18+.

OUR SERVICE

When registered with the Young Carers Service, the Young Carer will have access to:

- One-to-one support sessions
- Group peer-support sessions
- The opportunity to meet other Young Carers who have similar life experiences
- An activities programme focusing on Young Carers' health and wellbeing including outings and day trips
- Specialist support in education including in-school, after-school and homework support
- Practical support for the whole family including advice regarding housing, benefits and health issues

WHO CAN MAKE A REFERRAL?

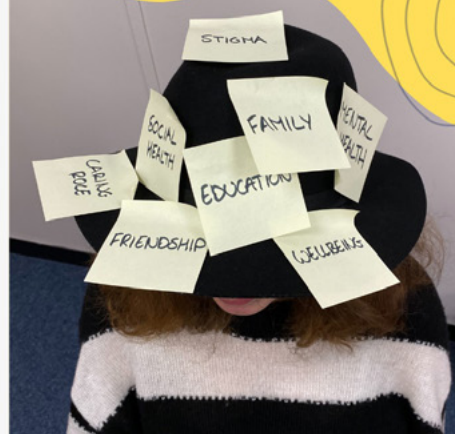
Anyone can make a referral to us on behalf of a young person between the ages of 8 and 18, providing consent from the family has been gained.

Young Carers can also contact us directly and self refer. You can find the referral form on our website.

Alternatively, we can e-mail you the form. If you would like to discuss a referral, please phone 020 8296 5611 or email us at youngcarers@suttoncarerscentre.org.

YOUNG CARERS TELL US THEY FEEL:

- They are missing out compared to their peers
- Isolated or lonely
- Friends don't understand their caring role
- Stressed, under pressure or worried
- Bullied by other children
- Overwhelmed with responsibility
- Unable to bring friends home
- Unable to keep on top of school commitments
- Happy and proud of the help and care they give



**WOULD YOU LIKE TO
TALK ABOUT YOUR
YOUNG PERSON AND
GET SOME NEW
IDEAS OR
STRATEGIES?**

**IF AVAILABILITY, YOU WILL BE
ALLOCATED A 30 MINUTE SLOT BETWEEN
THESE TIMES**



AUTISM ADVICE SESSION FOR SUTTON FAMILIES

FRI, 10TH MAR, 9:30-12:30

MON 3RD APRIL 1-4

WED 17TH MAY 1-4

TUES 6TH JUNE 9.30-12.30

TUES 13TH JUNE 9.40-12.30

MON 10TH JULY 9.30-12.30

THURS 14TH SEPT 9.30-12.30

WEDS 11TH OCT 1-4

MON 6TH NOV 9.30-12.30

TUES DEC 12TH 3-6

BOOK BY EMAILING

THEAUTISMSERVICE@COGNUS.ORG.UK

**WOULD YOU LIKE TO
TALK ABOUT YOUR
YOUNG PERSON AND
GET SOME NEW
IDEAS OR
STRATEGIES?**

**IF AVAILABILITY, YOU WILL BE
ALLOCATED A 30 MINUTE SLOT BETWEEN
THESE TIMES**



AUTISM ADVICE SESSION FOR SUTTON PROFESSIONALS

WED 22ND MARCH 9.30-12.30

THURS 18TH MAY 1-4

FRI 2ND JUNE 9.30-12

TUES 20TH SEPT 1-4

THURS 2ND NOV 9.30-12

BOOK BY EMAILING

THEAUTISMSERVICE@COGNUS.ORG.UK