



THE WALLINGTON WEEK

Message from the Head Teacher

Dear Parents and Carers

A happy new year to all of our readers!

I am delighted to be able to report that we received news this week all that WHSG is in the top 15% of secondary schools nationally for progress at A level over the last three years. This is based on a system many schools now use to measure 'value added' at Sixth Form called ALPS. Our certificate of Outstanding Progress from ALPS is now proudly displayed in reception and is a well-deserved reflection of the dedication and commitment of our students, staff as well as parents.

An important part of securing these academic outcomes has been our continued focus on student well-being and student support. Later in this edition you will find a poster detailing all of our provision to promote and maintain the well-being of our students. Part of this has been the introduction of our Well Being Information Evenings for parents. Last night's evening was delivered by a company called Mindfuel Performance, who specialise in performance psychology and focused on the importance of mindfulness, sleep and exercise in supporting academic performance. A copy of the presentations from all of the evenings so far can be found on the school website at the following link:

<http://www.wallingtongirls.sutton.sch.uk/Information-for-Parents>

Congratulations to our U16 and U13 table tennis teams who recently took part in the Jack Petchey London Schools' Table Tennis Finals at Sports Dock, University of East London. Our U16 team were winners and our U13 team were runners up. Both teams now go through to the Regional Final at Bristol Academy of Sport.

Finally, tickets for this year's school production, Legally Blonde, are on sale at lunchtimes in the foyer for £5 and tickets are selling fast. The students have been working hard rehearsing since last term and it is guaranteed to be a fantastic show. Performances are on Tuesday 12, Wednesday 13 and Thursday 14 February and I look forward to seeing you there.

Richard Booth

Tutoring

We are aware that a private tutoring company called 11Plus has been distributing flyers in the local area advertising their services in which they state, incorrectly, that their classes are being held at Wallington High School for Girls. For clarification, this company **is not** operating out of our school and the school does not endorse any tutoring company or advocate tutoring in terms of preparation for our entrance test.

The Week Ahead

Monday 14 January

16.00-17.00—Wellbeing Information Evening

19.00-20.30—PFA Meeting—staffroom

Wednesday 16 January

Year 7 Netball a,b,c v Danes Hill (H)

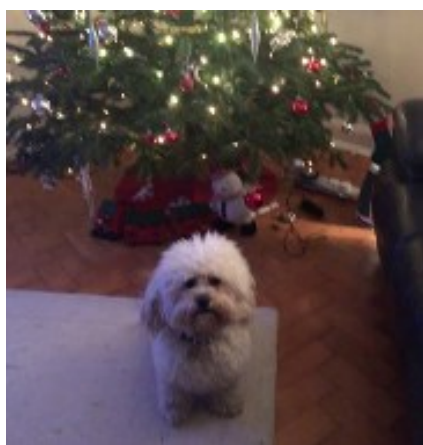
16.00-19.00—Year 11 Parents' Evening 4-7

Wellbeing Dog

I am very pleased to announce that after trying out some dogs and getting your feedback on the 'wellbeing dog' idea we will have a wellbeing dog joining us for two days a week in January. The dog will be Teddy (insert attached photo) who is not only hypo-allergenic but already a trained 'Pets as Therapy' dog <https://petsastherapy.org/>.

The dog will be around school during the day on a strict timetable just as the students are. He will never be left unsupervised or off the lead in public areas but will be based in the pastoral office, with our ELSA and with our counsellor. At break and lunch times he will be walked by sixth form volunteers who will be able to sign up for this after the school holiday.

More information will follow. Thank you to those staff who let us try out their dogs, students, staff and parents/carers who gave feedback on this idea and to Ms Javaid for letting Teddy join us.



Dates for your Diary

Monday 21 January

Inset Day—School closed to students

Tuesday 22 January

11.05-12.05—Y10 PSHCE Positive Mental Health

Wednesday 23 January

16.00-19.00—Year 12 Parents' Evening

Monday 28 January

Year 7 Netball A&B @ St Phils

Tuesday 29 January

Year 10 Netball A&B @ Croydon

Wednesday 30 January

16.00-18.00—Careers Evening 2

Thursday 31 January

18.00-20.00—Year 9 Options Evening

Saturday 2 February

DOE Training Day (9.00 - 17.00 for DIRECT participants, 9.00 to 11.30 for all others)

Sunday 3 February

School Production Rehearsal - Timing TBC

Tuesday 5 February

School Mentoring Day

Year 11 GCSE Study Day

Year 13 Academic Review Day

Wednesday 6 February

Year 7 - Surrey Schools Netball

Thursday 7 February

08.45-13.05—Intermediate Maths Challenge

Year 10 Netball A&B @ Epsom College

Friday 8 February

19.00-22.00—YPFA Disco - Years 7 & 8

Sunday 10 February

Tech / Dress Rehearsal - Hall - Timings TBC

Monday 11 February

School Production Dress-Tech Rehearsal

Tuesday 12 February

School Production Dress-Tech Rehearsal & Matinee

Year 7 - Netball a/b/c/d v Sutton High (H)

Tuesday, Wednesday & Thursday

19.00-21.00—School Production Performance—Legally Blonde



Supporting your Emotional Wellbeing at WHSG



Self-help Guide for every year 7 and 8 student	Wellbeing dog starting in January
Chill-out space every break time in the pastoral office	Wellbeing board with useful advice and activities between G5 and G6
ELSA for support with: <ul style="list-style-type: none"> • Friendship Issues/bullying • Difficulty with social skills • Issues with self-esteem/confidence • Students needing support with educational needs • Anger management 	Counsellor for support with: <ul style="list-style-type: none"> • Self-harm • Suicidal ideations/attempts • Issues with identity e.g. LGBTQ+ , race • History of/or ongoing abuse e.g. sexual, physical, emotional, mental • Concerns around mental health e.g. depression, anxiety, OCD • Relationship issues e.g. parents, siblings, partners • Bereavement including terminal illnesses
Teen Breathe magazine subscription	
Sharing is Caring Campaign to promote supporting your friends and anti-bullying	
Wellbeing mentors for peer support	
New Homework policy to reduce pressure	Wellbeing evenings to help parents/carers to understand
	10 GCSE's instead of 11
School nursing service drop-in Thursday lunchtime in the Pastoral office	
SHARP system For anonymous reporting of issues of concern	Signposting of external support via tutor noticeboards

Remember that the help is there if you need it.
Just ask any member of school staff 😊

Sutton Emotional Wellbeing Support

Drop in provision:

Off The Record (OTR), Sutton young people's counselling service, offers a weekly drop in service:

Every Tuesday from 3.30-5.30pm

If you are aged 11-25, you can drop in at our main office at 172 Croydon Road, Beddington CR0 4PG to speak to a counsellor with no appointment needed

For further information please go to: www.talkofftherecord.org/sutton

School nurse drop in: your school nurse will also provide a drop in service during term time.

Telephone/online support:

Samaritans on 116 123 email jo@samaritans.org

Off the Record Online counselling service for young people aged 11-25 in Sutton. Sign up at <https://talkofftherecordonline.org/>

'The Mix' – support for young people under 25 inc. telephone **0808 808 4994**, 1-1 chat & crisis messenger text service <https://www.themix.org.uk/>

For parents and carers: if you are concerned about your child / young person over, please feel able to contact the Sutton Child and Adolescent Mental Health Service (CAMHS) Single Point of Access (SPA) on **020 3513 3800 (option 1)** and ask to speak to the **duty clinician**, who will be available **9am-5pm** to discuss any concerns.

Reporting Harmful Content

Unfortunately we may sometimes have to report harmful content online. Many of us know how difficult and frustrating it can sometimes be, but there is help available. The UK Safer Internet has created a brand new reporting portal. The service has been designed to:

- Give advice on how to report problems
- Mediate where appropriate or explain why content hasn't been removed

Provide assistance in removing harmful content from platforms. See

<https://reportharmfulcontent.online/>

for further information. I would recommend taking a look at the 'Advice' page to see what cannot be reported where you can find advice on what to do.

Year 8 Visit to Amazon Web Services

Year 8 students went to Amazon Web Services offices in London to take part in a boot-camp to help develop an app they are all working on for a competition that takes place next year.



Clubs and Opportunities for Students

Year 11 Chemistry Revision Sessions

Date	Content Covered
15th Jan	C1- Atomic Structure
22nd Jan	C2- The Periodic Table
29th Jan	C3-Ionic Bonding
12th Feb	C3-Covalent Bonding
FEBRUARY HALF TERM	
26th Feb	C3- Metallic Bonding
5th March	C4- Mass and Moles
12th March	C4-Titration Calculations
19th March	C5- Making Salts, Strong and Weak Acids and pH
26th March	C6- Electrolysis
2nd April	C7- Energy Changes
EASTER HOLIDAYS	
23rd April	C8- Rates of Reaction and Equilibrium
20th April	C9- Hydrocarbons
8th May	C10- Alcohols, Carboxylic Acids and Esters

All Sessions will start at **1.10 in F14**



When: Mondays 3-4pm (starting 14 January)

Where: F06

What: Your chance to do cool science experiments and learn amazing science facts!

With who: The lovely Year 13 science prefects

How: There will be a sign-up sheet outside the science office from 7 January, only 20 places available, you **MUST** sign up to attend!

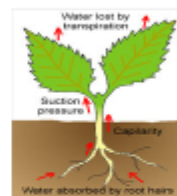
GCSE BIOLOGY CLUB!

STRUGGLING IN BIOLOGY? NEED REVISION TIPS?

COVERING EACH TOPIC WITH EXAM QUESTION PRACTICE

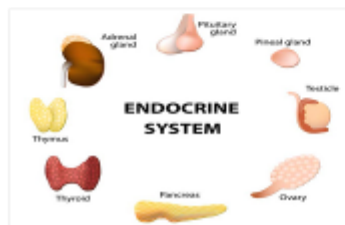
Every Friday lunch we will go through each topic with exam questions and useful revision tips to achieve the grade you deserve.

Sweets are available and feel free to bring your lunch.



Come at lunchtime to S14!

We will start from the first week of January.



Clubs and Opportunities for Students

National Engineering Competition

This is a competition that involves independent research into a specialist field of engineering, interviewing an engineer in your chosen specialist field, identifying a real life problem and inventing a solution to that problem.

The deadline is 27 March. If you think you might be interested in taking part, please email Mrs Caspary.



This is a Highly Commended entry from 2018 by Yuktha (now in Year 12)

All entries receive a named certificate. Shortlisted entries are displayed at regional exhibitions and awards are presented to the best from each year group. This competition is open to all students.

Inter-House STEM Competition

Build a LEGO sweet dispenser on your own or as a team.

Submit photos and a video of your creation to Mrs Caspary by 15 February.

The top 3 entries will earn points towards the House Cup.



MODEL UNITED NATIONS

JOIN US TO DEBATE REAL GLOBAL ISSUES AND DEVELOP AN INTEREST IN POLITICS

EVERY MONDAY LUNCHTIME

1:10 - 1:45

E27

Years 9 - 13

If you want to take part in mock UN conferences, improve your public speaking skills, become more aware about international relations and actively discuss the world around us – MUN is the club for you!

Grace and Ramaya (Year 12) would love to see you there!

This week's issue for debate:

Yemen Civil War

Come with your own views as well as an idea of opposing arguments!



Film Making Society

Available to all year groups!

Interested in **acting, producing, directing, editing or writing?** Work as a team to create short films around topics you're passionate about.

Be a part of the film making process and earn some valuable experience. Any skill level welcome!

Every Wednesday, T2 at lunch



Clubs and Opportunities for Students

Debate Club Years 7-9

Debate club will be back on Tuesday 15 January 2019 at lunchtime in F19, beginning at 1:15pm. Please come along if interested or if you signed up last term and didn't get the chance to come along – there should be enough space for all. Bring your lunch!



Debating Society Years 10-13

Debating society will be back on Friday 18 January 2019 at lunchtime in F19, beginning at 1:15pm. Please come along if interested, even if you haven't been before. Bring your lunch!

Magistrates' Mock Trial opportunity, Years 8 and 9

I advertised this in November and had a very poor uptake, which is disappointing. I have resent the e-mail, please read and send your applications to me (Itelford@wallingtongirls.org.uk or by hand to F16) by Friday 18 January, otherwise we will have to withdraw from the competition.

Culture Club

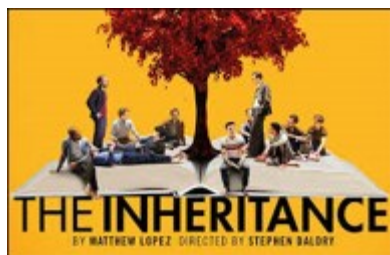
Culture Club is on every Tuesday and this week's discussion on all things cultural is on:-

Tuesday 23 January F20

1.15pm-1.45pm

A discussion of all things cultural.

This week, the play:
The Inheritance



GCSE History revision opportunities for Year 11

Timetabled revision sessions: see the notice on the History notice board and check out Frog.

Drops ins: Wednesday lunchtimes F16 or F20.

Come with your questions. We will be on hand to help you find the answer.

Music Notices

All music ensembles will begin again on Monday 14 January.

Monday	1.25	Junior Choir	R7
Tuesday	1.25	KS3 Orchestra	R7
Wednesday	1.25	A Cappella	R7
Wednesday	1.25	Carnatic Ensemble	Gym
Wednesday	3.00-3.45	Chamber Choir	R7
Thursday	1.25	Gospel Choir	R7
Thursday	1.15	Theory Club	R1
Thursday	3.00-4.00	Senior Orchestra	R7
Friday	1.25	Flute Choir	R7
Friday	1.25	Ukelele Club	R1

New members are welcome to all groups apart from Gospel Choir and A Cappella. If you would like to join a group, please come to the first rehearsal and introduce yourself to the group leader.

The standard required for instrumental groups is:-

KS3 Orchestra Grade 1—Grade 4

Senior Orchestra Grade 5 and above

Flute Choir—Grade 3 and above

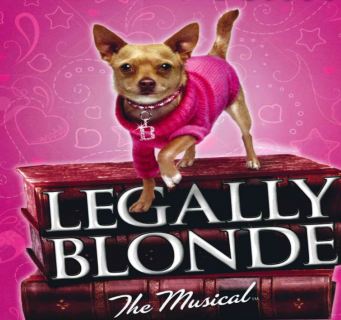


LEGALLY BLONDE

TICKETS NOW ON SALE!
Main Foyer, lunchtime from 1.15pm

£5 a ticket for:
Tuesday 12th February
Wednesday 13th February
Thursday 14th February

KEEP IT POSITIVE



LEGALLY BLONDE

PE Sporting Stars of the Half term

The following girls have been awarded sporting star of the half term:



Lucia	7 Athena
Maisy	7 Curie
Zaina	7 Pankhurst
Maria	8 Johnson
Jessica	10 Curie
Luisa	10 Seacole

Games Captains

The following girls have been selected as PE Games Captain for their tutor group for the Spring term:-



Year 7	
Rowen	7 Athena
Stella	7 Bronte
Laila	7 Curie
Alice	7 Johnson
Sophia	7 Pankhurst
Daisy	7 Seacole
Bianca	7 Sharman

Year 8	
Dhriti	8 Athena
Amelie	8 Bronte
Donna	8 Curie
Sarumathy	8 Johnson
Ella	8 Pankhurst
Evie	8 Seacole
Sasha	8 Sharman

Year 9	
Tara	9 Athena
Elisha	9 Bronte
Ellie	9 Curie
Roslynn	9 Johnson
Nayana	9 Pankhurst
Eva	9 Seacole
Annika	9 Sharman

Well done!



PE Extra Curricular Clubs Spring Term 2019

Clubs begin again on Monday 14 January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch (1.10pm-1.45pm)	Gym and Dance Rehearsals Sports Hall KBS/KPN	GCSE Dance Studio Time Dance Studio SCO	7-11 Badminton Sports Hall KWH	GCSE/A-Level Trampoline Gym (Jane – Coach) Cheerleading Gymnasium (Sixth Form Leaders)	
After School (2.55-3.50pm)	7/8 Gymnastics Gymnasium (Jo – Coach)	9+/Squad Gym Gymnasium (Jo – Coach)	7-8 Netball (A,B,C teams only) Netball Courts SCO/ABS	7-11 Table Tennis Sports Hall (Veronica – Coach) *3-4.30pm	
	9-Senior Netball (A&B teams only) Netball Courts KPN/ABS/JLE	7 Football Bottom Field (Crystal Palace Coach)	10-Senior Rugby Fields RBH/MDT	Trampoline Gym (Satellite Academy – Max Force) Gymnasium (Jane – Coach)	
		Gifted & Talented Dance (7-9) Dance Studio SCO	7-11 Cricket Sports Hall KBS	8-Senior Football Bottom Field KWH	
				7/8 Dance Dance Studio JLE	