



THE WALLINGTON WEEK

MESSAGE FROM THE HEAD TEACHER

Dear Parents and Carers,

Our CEO, Jennifer Smith, recently wrote to all parents to inform you that school will now finish on Thursday 17th December as the Friday will be an INSET day for all staff. Arrangements in place for the final day will now move to the Thursday, including an early finish. Details of these arrangements can be found later in this edition of the Wally Week.

I am aware that many of you will be concerned about the recent positive Covid cases that we have experienced in the Wallington community, which is a reflection of the growing number of cases across the Borough. Please be assured that continue to follow government guidance and work closely with Public England and the Department for Education to safeguard our students. Year 11 and Year 12 are currently working remotely until the end of term and the school remains open for all other year groups, so your child should continue to attend school as normal.

On a more positive note, a huge thank you to everyone who donated gifts to The Samaritans Toy Appeal. We have been overwhelmed by the generosity of our students and parents, and these gifts will make a real difference to someone's Christmas.

The government has recently declared that in England, public examinations will go ahead as normal. However, they will be putting in place additional measures including:

- more generous grading than usual, in line with national outcomes from 2020, so students this year are not disadvantaged;
- students receiving advance notice of some topic areas covered in GCSE, AS and A levels to focus revision;
- exam aids - like formula sheets - provided in some exams giving students more confidence and reducing the amount of information they need to memorise;

- additional exams to give students a second chance to sit a paper if the main exams or assessments are missed due to illness or self-isolation;

Further information will be given to schools in due course so we will make sure that parents and students are kept up to date.

Finally, we held our first virtual parents' evening on Wednesday for Year 13. All meetings were held online via video conferencing and parents were able to book appointments online. So far feedback about the new system has been very positive and we will be sending a letter out to Year 13 parents asking for further feedback.

Stay safe and have a good weekend.

Have a great week.

MR R. BOOTH



Festive Mufti Day

Thank you to all those who took part in our festive mufti day, Friday 11th December. Even Teddy our school wellbeing dog dressed up for the occasion. £722 was raised for the local charity Sutton Nightwatch.

MR PARKINSON



Wallington High School *For Girls*

FRIDAY 11TH
DECEMBER 2020

HEIRS OF THE PAST, MAKERS OF THE FUTURE

THE WALLINGTON WEEK

ARRANGEMENTS FOR THE LAST DAY OF TERM THURSDAY 17TH DECEMBER 2020

8.25-8.45	Registration – Years 7, 8 & 13
8.45 – 9.30	Period 1
9.30- 10.15	Period 2
10.15 -10.45	Break
10.45 – 12.45 (10.45 - 13.00 for Year 9 &10)	<i>Form Time including: Celebration assembly House Activities</i>
Year 13 dismissed from 12.00	
12.45	Years 7 & 8 dismissed by Heads of Year
13.00	Year 9 & 10 dismissed by Heads of Year

IMPORTANT DATES FOR YOUR DIARY

KEY DATES

Tuesday 15th December
Year 11 Grade Collection

Thursday 17th December
Last Day of Term

Autumn 2020 Public Exam Series
GCSE English Language and Maths
Results Day 14th Jan 2021
GCSE all other subjects Results Day 11
February 2021

Summer 2021 Public Exam Series
Begins 26th May 2021 and ends 2nd July
2021
A Level Results Day 24th Aug 2021
GCSE Results Day 27th Aug 2021



Wallington High School *For Girls*

HEIRS OF THE PAST, MAKERS OF THE FUTURE

THE WALLINGTON WEEK

The school would like to highlight an online emotional wellbeing support tool for young people – especially as the holiday period approaches and student will not be in school.

Kooth Online Counselling Service for 11 – 22 years in South West London

The NHS wants to remind young people that an online service called Kooth is available for them in South West London, which can provide extra support during this difficult time.

Kooth is an online counselling and emotional well-being service for children and young people aged 11-22. Young people can search 'Kooth' or visit kooth.com and get support for anything that's on their mind.

The service was introduced following feedback from young people that it is something they would find useful.

A short video has been produced for young people to example how Kooth can help – you

and your child can watch it on YouTube at <https://youtu.be/VZrWmIBE3ss>
More information on Kooth

Accredited by the BACP, and as a trusted delivery partner of the NHS, Kooth has supported over 250,000 children and young people across the UK since 2004.

It's anonymous and free at the point of use. Children and young people can chat to professional counsellors, read articles written by young people, receive peer-to-peer support and keep a daily journal.

Qualified counsellors, therapists and support workers provide guided and outcome-focused support for each individual. Kooth is accessible through any connected device - young people can log on wherever they are to access professional counselling up until 10pm 365 days a year.

For more information about the service, you can visit the XenZone website www.xenzone.com

You can still access
support over the
holiday period

kooth

We're online every day
including **Christmas Day**
Sign up for free at Kooth.com

THE WALLINGTON WEEK

Recommendations for wider reading around the curriculum.



Year 7 & 8 GEOGRAPHY



DIVERSE PLACES



DIVERSE PLACES



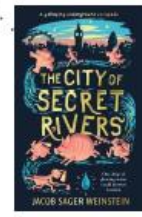
WEATHER



LANDSCAPES



MAPS



HUMAN GEOGRAPHY



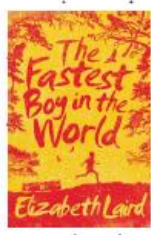
ASIA



FLOODS



ASIA



AFRICA



PAKISTAN



PAKISTAN / INDIA



COASTS / WEATHER



WEATHER



LANDSCAPES



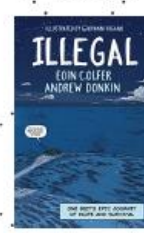
DESERTS



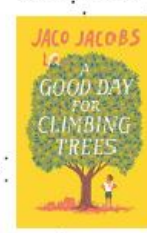
URBAN LIFE



POPULATION



COASTS



URBANISATION



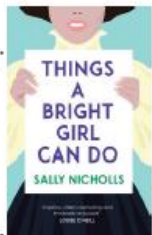
MAPS / GLACIATION



Year 7 & 8 HISTORY



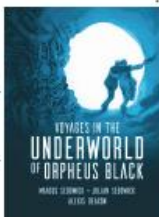
HOLOCAUST



WOMEN'S SUFFRAGE



BLACK DEATH



WW2 / LONDON



CIVIL WAR



WOMEN'S SUFFRAGE



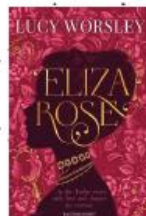
CIVIL WAR



HOLOCAUST



WW1



TUDORS



CIVIL RIGHTS



CIVIL RIGHTS



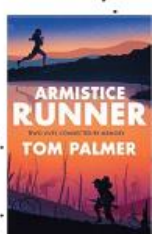
WOMEN'S SUFFRAGE



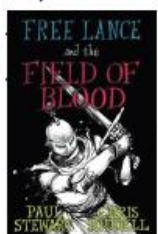
WW2 / POLAND



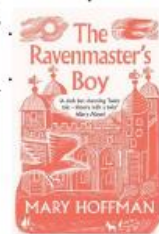
POST-WW2



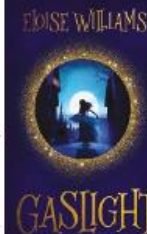
WW1



MEDIEVAL



TUDORS / ANNE BOLEYN



VICTORIANS



QUEEN VICTORIA



1920S

THE WALLINGTON WEEK

Recommendations for wider reading around the curriculum.



Year 7 & 8 P.E.



TRACK & FIELD



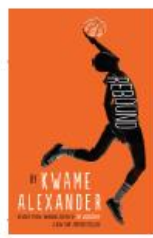
FOOTBALL



BASKETBALL



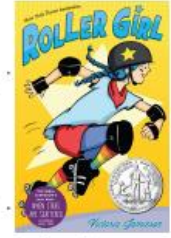
TRACK & FIELD



BASKETBALL



FOOTBALL



ROLLER SKATING



FOOTBALL



SWIMMING



TRACK & FIELD



WRESTLING



FOOTBALL



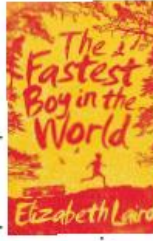
RUGBY



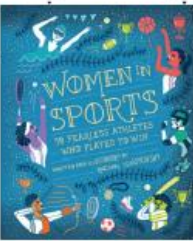
SWIMMING



HORSE RACING



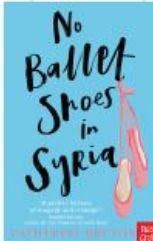
RUNNING



SPORTS HISTORY



FOOTBALL



BALLET / DANCE



BASEKTBALL



TENNIS



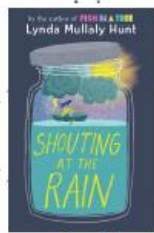
Year 7 & 8 Science



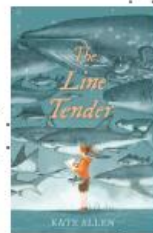
SPACE PHYSICS



SOUND



CLIMATE



BIOLOGY



SOUND



SPACE PHYSICS



SPACE



CLIMATE CHANGE



BIOLOGY



SPACE PHYSICS



PHYSICS



CHEMISTRY



NUTRITION



SPACE PHYSICS



FORCES



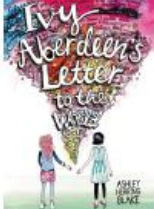
FORCES



FORCES



MOTION



ENERGY



NUTRITION



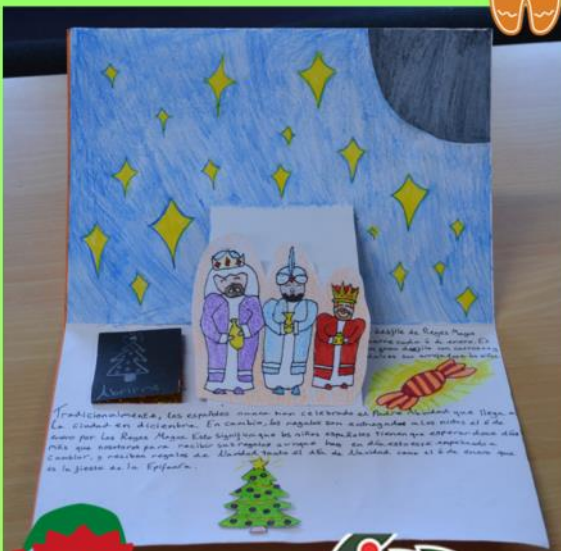
ELEMENTS

THE WALLINGTON WEEK

MFL DESIGN A CHRISTMAS CARD COMPETITION

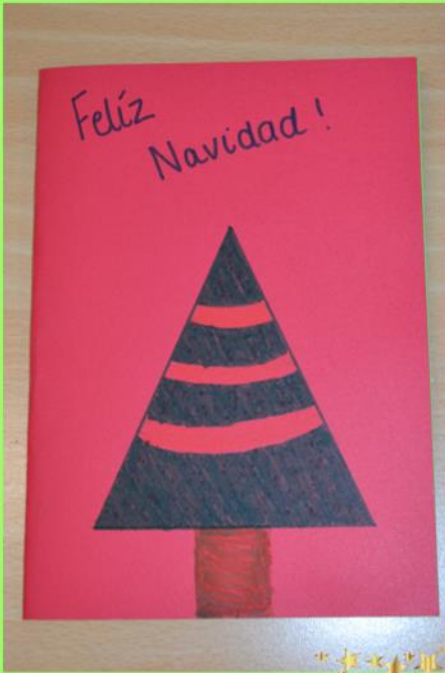
The MFL Faculty would like to thank all those students in years 7 – 9 who took part in the “Design a Christmas card” competition. The entries have been forwarded to All Routes into Languages and the results will be posted here if we have any winners. In our opinion the cards were amazing and we would like to congratulate all of the participants and share a few of the cards with you and wish you all “Joyeux Noël!”, “Frohe Weihnachten!” and “¡Feliz Navidad!” Well done everyone.

MRS K HOPGOOD



THE WALLINGTON WEEK

MFL DESIGN A CHRISTMAS CARD COMPETITION





Wallington High School *For Girls*

HEIRS OF THE PAST, MAKERS OF THE FUTURE

THE WALLINGTON WEEK

By Niyla



SANTASIZERS



Go check them out @Homeless_hub

Please buy one of my santasizers at only **£1.50**
All profits go to a local charity in Croydon that feeds the homeless that's called Percy's homeless hub

Making clean hands Christmas, could also be a great COVID Christmas stocker

Ingredients:
Process water, ethanol, glycerine 99.5%, natrasol 250hr, monopropylene glycol bp, tocopherol acetate



able for Christmas tree's includes a refillable bottle, lanyard, Hand sanitizer (obviously)

DM @dukskie on instagram if you would like one (cash only and local collection!)

Niyla a student in 7 Sharman has been making and selling santa hand sanitisers and donating the profits to a local charity in Croydon called Percy's Homeless Hub. Percy's Homeless Hub is an up & coming charity, providing outreach services for the homeless. "Bringing HOPE & comfort to the homeless". Niyla has already raised over £100 for this charity and our school community is incredibly proud, well done Niyla.



UK Space Design Competition

Nidhi (12SMC)
Jiaying (12SHN)
Helen (12SMC)
Neha (12SHN)
Zubia (12KHD)

Nwabueze (12KHD)
Anna (12DLE)
Aiswarya (12SMC)
Daniella (12VME)
Shriya (12VME)
Nivethika (12ZKM)

These girls have won the regionals and are entering the nationals for UKSDC (The UK Space Design Competition).



Wallington High School *For Girls*

HEIRS OF THE PAST, MAKERS OF THE FUTURE

THE WALLINGTON WEEK

Wallington HIGH SCHOOL
for Girls

"Heirs of the past, makers of the future"

Mrs Waight's Sporting Star



Lola - 8 Johnson

Lola is a star! She is always first dressed and ready for the lesson, helpful and give its 110% every lesson. A role model student!

Wallington HIGH SCHOOL
for Girls

"Heirs of the past, makers of the future"

Miss Burgess' Sporting Star



Alysha - 7 Bronte

For having a fantastic start to Year 7 PE this term. Incredibly organised for every PE lesson, always first out of the changing room and helping with equipment. For also demonstrating excellent effort in PE!!

Wallington HIGH SCHOOL
for Girls

"Heirs of the past, makers of the future"

Miss Lake's Sporting Star



Louisa - 10 Johnson

For always bringing loads of energy and enthusiasm into our 10x8 Basketball lessons; and showing great progress, particularly in her layups and set shot technique!

Wallington HIGH SCHOOL
for Girls

"Heirs of the past, makers of the future"

Mrs Collins' Sporting Star



Mika - 9 Seacole

Excellent effort and performance skills in Dance lessons. A delight to teach!

Wallington HIGH SCHOOL
for Girls

"Heirs of the past, makers of the future"

Mrs Wadsworth's Sporting Star



Inez - 10 Johnson

For growing in confidence throughout our GCSE PE lessons and always being a positive influence on others.

Wallington HIGH SCHOOL
for Girls

"Heirs of the past, makers of the future"

Mrs Bates' Sporting Star



Zahra - 9 Athena

For having a wonderful, positive attitude in all PE lessons. Both Mrs Bates and Mrs Collins have been particularly impressed with your Dance lessons and the choreography you have created.

PRIZE X3
£50 BOOK TOKENS

SUTTON PARKS LOCKDOWN POETRY PRIZE

During lockdown **PARKS** have provided a space to **BREATHE**, an escape from our 4 walls, helping to **RESTORE** our mental and physical health. Many people have a new found **LOVE** for their local greenspace, others **APPRECIATE** parks more than ever.

**WE ARE LOOKING FOR THE BEST POEM ON THE
THEME OF PARKS AND LOCKDOWN**

- Free to enter
- Open to residents of the London Borough of Sutton only
- A prize for the winner in each category - Under 12/12-17 /Adults 18+
- Closing Date: 31st December 2020
- One entry per person
- **Email entries to: dawn.fielding@sutton.gov.uk**
- All the rules can be found here: www.sutton.gov.uk/poetry-competition



HERITAGE
FUND



Sutton

CAREERS INFORMATION

YOUNG PROFESSIONALS

Students – interesting opportunities in Technology and Business

Insight to Vodafone - Females of the Future 9th December 5pm - 7pm

- A unique insight to the worlds largest telecoms company, Vodafone!
- Taking part in an exciting technology workshop designed and developed by Vodafone!
- Work Experience placements in the summer
- An opportunity to speak with senior female steak-holders
- An early fast track onto their apprenticeship programs
- Open to all female students in I2 / S4 Y13 / S5 & Y14
- Parents are welcome to join!

Registration Link to apply:

<https://www.surveymonkey.co.uk/r/Insight-To-Vodafone>

Females in Tech - 15th December 5pm - 7pm

- An evening with Capgemini, PwC, CGI & bp (**multi billion global companies!**)
- Female senior leaders joining for keynote presentations (including partners and directors)
- An insight to what a technology career could look like and routes in **with workshops and a pre exercise!**
- Work Experience placements in the summer
- An opportunity to find out about work experience, apprenticeships & graduate placements
- Open to all female students in I2 / S4 Y13 / S5 & Y14
- Parents are welcome to join!

Registration Link to apply:

<https://www.surveymonkey.co.uk/r/Females-In-Tech>

CAREERS INFORMATION

LINKS TO VIRTUAL WORK EXPERIENCE

This week, two of the more exciting virtual work experience programmes have started accepting applications - Chartered Institute of Marketing's Marketing Virtual Work Experience and Nestlé's Employability Skills Programme. They both offer a certificate upon completion directly from the employer, which can be used in future CVs and personal statements as well as potential talking points in interviews!

Neither require any school hours, as they're taking place in February half term (with all live content recorded) and are also completely free.

The Marketing Virtual Work Experience runs from the 15th - 19th February and features live workshops with assignments that will be marked. It covers marketing basics to form a rock-solid foundation.

The main areas it covers are below:

- Marketing Principles
- Strategy and User Personas
- Marketing Campaigns
- Social Media and Content
- Marketing Analysis
- Career Pathways in Marketing

Apply page is here - <https://www.springpod.co.uk/marketing-virtual-work-experience/>

As for the Nestlé Employability Skills Programme, it's a one week programme taking place at the same time (15th - 19th Feb) and is structured similarly, centred around skills, practices and insight into the world of work. This programme also has live workshops and assignments. Again, I've bullet pointed the main points of interest below!

The main areas it covers are below:

- Welcome to Nestlé
 - The world of work
 - Project management
 - Data analytics
 - Communication
 - Digital Skills
 - Getting workplace ready

Apply page - <https://www.springpod.co.uk/nestle-employability-skills-programme/>

There are also work experience opportunities in Teaching, Medicine (NHS Trusts), Nursing (NHS Trusts), the Allied Health Professions (NHS Trusts) and Business (EY)

THE WALLINGTON WEEK

CAREERS INFORMATION

Experience have just added some new **virtual work experience** opportunities that are looking for students like you to apply. Apply as soon as possible to give yourself the best chance of securing high quality work experience at a top employer and a boost to your future career aspirations.

What's on offer?

VWEX Understanding the world of work - Design and Construction Management - Glenman

Dates: 14th - 18th December 2020

Mon, Wed, Friday 9:30-15:00

Age: 17+

Application Deadline: 8th December 2020

Virtual Work Experience – A week at Spotify

Dates: 15th - 19th February 2021

10:00 – 15:00

Age: 16+

Application Deadline: 25th December 2020

Virtual Work Experience with Portland Communications

Dates: 15th - 19th February 2021

Age: 16+

Application Deadline: 15th January 2021

VWEX The Office of Communications- Ofcom

Dates: 15th - 19th February 2021

Age: 16+

Application Deadline: 15th January 2021

VWEX For Y10 within Tesco's Food Love Story Marketing/Creative Campaign Department

Dates: 15th - 19th February 2021

10:00-16:00

Age: Year 10

Application Deadline: 15th January 2021

Please complete your application early as employers may make selections before the advertised deadlines.

For a full list of placements - [sign in here to search and apply.](#)

If you have any questions about the process, please contact experience@speakersforschools.org or call 02034 059 815 and the team will be more than happy to help.

THE WALLINGTON WEEK

CAREERS INFORMATION

PERSONAL STATEMENT LIBRARY - FREE ACCESS FOR ALL

On our website students, parents and teachers alike get free access to a personal statement library of hundreds of annotated past personal statements. While finalising their final drafts of their statement, it can be really helpful to look at others for inspiration and guidance. You can access it here (no login required) here: <http://purepotential.org/personal-statements/> for statements from Accounting to Zoology.

STUDYING IN THE USA - OPPORTUNITY TO VISIT THE USA WITH FULBRIGHT

Applications are now open for the [Sutton Trust US Programme 2021](#). The Sutton Trust US Programme helps state school students from across the UK explore US study and access leading universities through support, advice, UK residentials and a one-week trip to visit a variety of US universities. Year 12 (England and Wales), S5 (Scotland) and Year 13 (Northern Ireland) students can now apply to be part of the tenth cohort.

It is free to take part in the programme. The student application deadline is 11:59 pm on Sunday 17 January 2021. Have a question about the programme, the application or eligibility? You may find that it's covered in the [FAQs](#). If not, you can email the team on suttontrust@fulbright.org.uk.

What do journalists do?

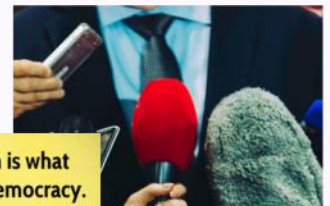
Journalists seek out the latest news stories, interviews, opinions and comment and present them in an interesting and engaging style, keeping their audience aware of events in the world.

Useful links

[What It's Like To Be A: Journalist \(vocal.media\)](#)

[Lionel Barber's chronicle of his time as FT editor | Financial Times](#)

[Ideas about Journalism \(ted.com\)](#)



Journalism is what maintains democracy. It's the force for progressive social change.

What might you need?

Given the vast number of areas within journalism, the industry is highly flexible in terms of requirements, although some corporations now ask for a degree. While traditionally an English or Journalism degree may be preferred, specialist subjects such as Economics, Languages or Sciences can be a great advantage! Work experience and writing competitions can be a good way to gain more of an insight into journalism and help build up your skills.

Career of the fortnight *Journalism*



General careers links

Wondering how employment might be affected by the pandemic and Brexit?: [Take control of your career in an uncertain world | Financial Times \(ft.com\)](#)

Check out Jonathan Black – Director of Careers at the University of Oxford at the Financial Times where he writes the 'Dear Jonathan' column answering readers' questions on university, breaking into industries, work life and much more: [Jonathan Black | Financial Times \(ft.com\)](#)

[The pros and cons of working part time as a student | FT Schools - YouTube](#)

CAREERS INFORMATION

UCAS Dates Update

In response to the set-backs that students have experienced this year due to the pandemic, UCAS have made the decision to push back the applicant decision deadlines for 2021 entry. The 15th January application deadline will remain, but the university and applicant decision deadlines will be as follows.

- Decision deadline for universities to make a decision on applications submitted by 15th January: 20th May 2021
- Reply deadline for applicants who have received all their university decisions by 20th May 2021: 10th June 2021
- Decision deadline for universities to make a decision on applications submitted by 30th June 2021: 13th July 2021
- Reply deadline for applicants who have received all their university decisions by 13th July 2021: 14th July 2021
- Any applications received after 30th June will be entered into clearing.

More information about the above & other key dates can be found [here](#).

Skills, Support & Success at Oxford Brookes Wednesday 9th December - 5pm

Following on from our recent successful virtual Open Days, we are running a webinar for students who have applied, or are thinking of applying, to Oxford Brookes. We will have a brilliant panel of people from across the University available to answer any questions, including the Careers Team, Wellbeing, Student Finance and Alumni, looking at everything from the application process to how we support students when they are here enrolled as students. Students can ask questions anonymously during the webinar, so if you think that they might be interested in attending please do let them know about it.

Making a Personal Statement - UCAS, writing a Personal Statement & Interview Tips

For students yet to complete their application, this webinar from our recent Open Day is full of helpful advice from our Schools & Colleges Liaison Team on how to write a Personal Statement, useful Interview Tips and Question & Answers with the Admissions Team. You can also find our Personal Statement [worksheet](#) which we hope will be helpful for students at the beginning of the application process.

THE WALLINGTON WEEK

CAREERS INFORMATION

Year 12 students at Wallington High School for Girls are invited to apply for [Vodafone's Innovators Virtual Work Experience Programme](#).

Vodafone UK, are a great British technology success story. They were the first company to make a mobile phone call in the UK and the first to introduce text messaging. Now they're launching a virtual work experience programme for the next generation of technology innovators. Students will join Vodafone for a week-long virtual work experience programme during February half term where they'll design their own 'Internet of Things' connected device!

During the week students will attend (virtually) a series of live webinars, panel discussions, learning content, and team workshops. They learn about the variety of business areas involved in launching a new product including Technology, Digital, Marketing and Consumer. They'll also access workshops to develop essential employability skills and careers awareness to set you up for success.

The programme is completely free for students and they'll receive a certificate for their CVs. Please encourage your year 12 students to get their applications in early!



Brixton Finishing School rolls out a free, nationwide virtual 'school' to 'rewrite' the creative industries 'talent blueprint'.

Award winning Brixton Finishing School is launching a new, free, virtual, nationwide gateway to the creative, advertising, marketing and tech industry called the AD-Cademy. It is designed to change, at scale, the blend of the future talent pipeline and deliver this upskilled talent, to employers.

The AD-Cademy will develop the employability of under-represented talent through an 8 week online course, open to all multicultural, socially mobile/and or neurodiverse 18-25 year olds across the UK. The course is delivered by our alliance of industry experts and offers unrivalled access, insight and experiences.

The course opens nationwide Feb 2021.

To register interest today visit

<https://brixtonfinishingschool.org/adcademy/>

We'll email everyone registered when they can access the course.

THE WALLINGTON WEEK

ENRICHMENT



The countdown to end of term and Christmas has truly begun!

The school is amazingly proud of all of you that donated gifts to The Samaritans Toy Appeal. Despite the tough year that we have all experienced, your generosity has astounded us and we truly thank you. Your gifts will make a significant difference to those in need at this time of year.



THE WALLINGTON WEEK

ENRICHMENT

Best Decorated Christmas tree competition

We hope you enjoyed the last enrichment competition of 2020 and let your creative imaginations flow. The variety of wooden decorations that have been placed on the tree has been lovely to see. This has made judging really hard as you can tell by the pictures of each tree below.

The Judging panel consisted of Mrs Kinchington and Jennifer Smith, CEO of the Girls Learning Trust. It was a hard decision and tied between Year 7 and Year 10! Chocolates will be delivered by Santa's Sleigh to your year group classrooms on Monday 14th December.

The Enrichment Team

★ ★ WINNERS



THE WALLINGTON WEEK

ENRICHMENT

**Year 8
Tree**



**Year 9
Tree**

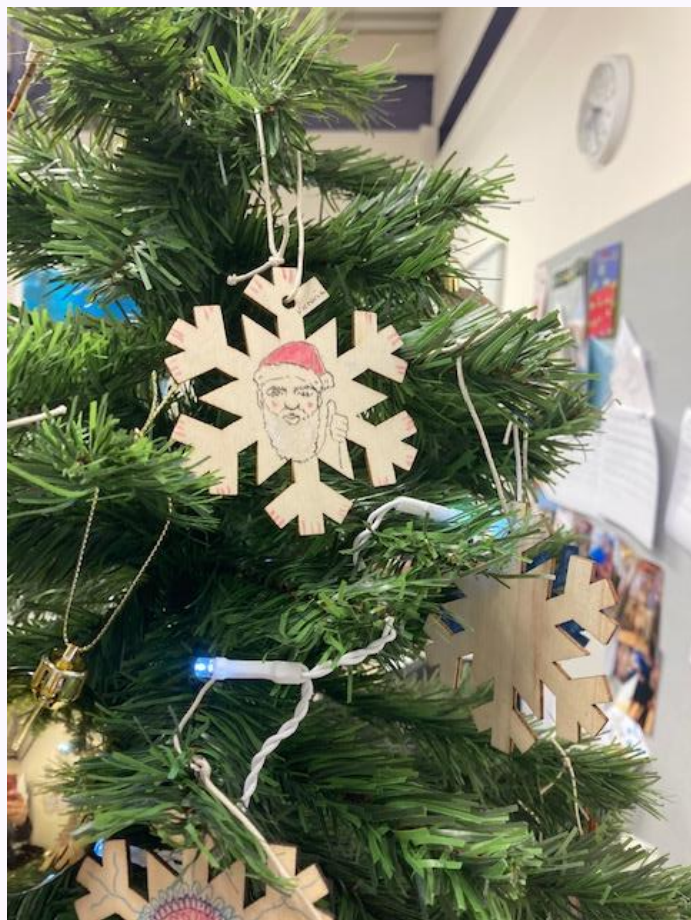


**Year 11
Tree**



THE WALLINGTON WEEK ENRICHMENT

**Year 12
Tree**



**Year 13
Tree**



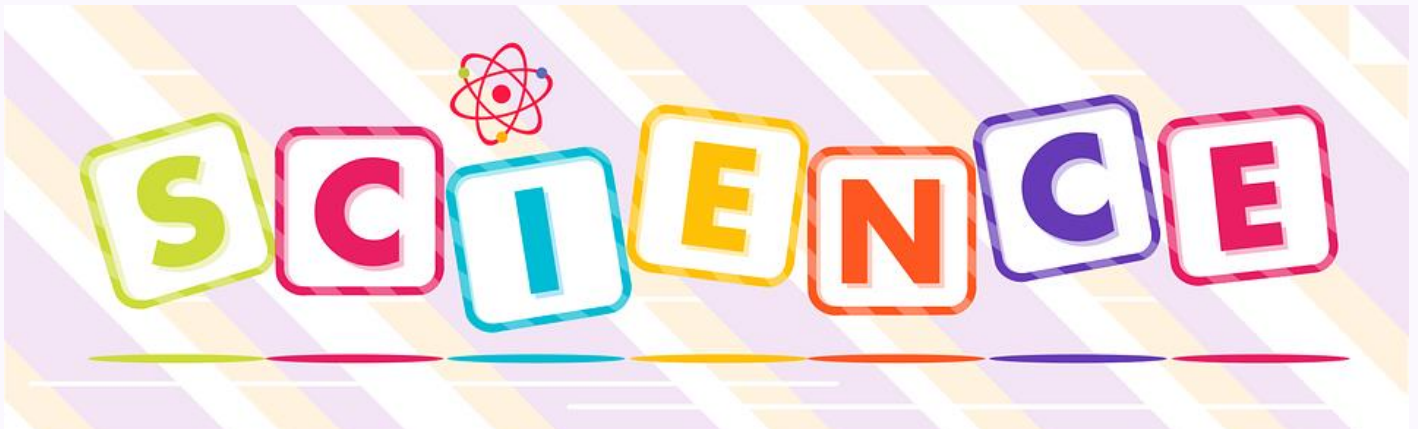
THE WALLINGTON WEEK

ENRICHMENT



Although we are now out of lockdown round 2, we are still limited on what we can do outside of school. The enrichment team didn't like the idea of you all being sat at home with nothing to do, so we have come up with some fun and interesting science experiments you can do at home over the coming weeks. They don't need much, if any equipment, so we would love you all to get involved.

We would love to see some pictures/Videos of your creations and attempts. Please send copies to enrichment@wallingtongirls.org.uk



WOMEN VS MEN

The Brief

A simple chair lift but involving battle of the sexes

The Method

1. Stand facing a wall with your toes touching it.
2. Take your left foot back and place the toe against your right heel. Repeat moving the right foot behind your left heel so that you have taken 2 steps back.
3. Now align your feet by taking your left foot back so it is level with your right
4. Put a chair between you and the wall.
5. Lean over to put your head on the wall so your back is horizontal
6. Keeping your head on the wall, lift the chair up to your chest and then stand up without moving your feet.
7. Can you do it? Who else can or can't do it? Why don't you challenge your friends and family. Usually all the women can do this whereas most men struggle.



Below is a video showing others trying it.

<https://www.youtube.com/watch?v=T7OQaSm6AgY>

How does it work?

At the moment, there is no scientific tested basis as to why it works. What do you think? Could it be that we have different centres of gravity or it is the size of our feet.....

Let us know what you think

THE WALLINGTON WEEK

ENRICHMENT



COLOURED CARNATIONS

created by Dyson

The brief

Create multi-coloured flowers.

The method

1. Use the scissors to cut the stem of the carnation in half lengthways.
2. Take two cups and fill them with water. Add a different coloured food dye to each cup.
3. Put the split stems of the carnation into the cups and leave overnight.
4. The next morning you should find that your flower has changed colour.
5. What do you notice about the petals?

Materials

White carnations
Two colours of food dye
Clear plastic cups (used clean cups are best)
Water
Scissors (with adult supervision)



How does it work?

Plants need a transport system to move food, water and minerals around. There are two things that combine to move water through plants – transpiration and cohesion. Water evaporating from the leaves (transpiration) draws water up the stem of the plant to replace what is lost. This works in the same way as sucking on a straw. Water that evaporates from the leaves “pulls” (cohesion) other water behind it up to fill the space left by the evaporating water.

CHANGING STATES

Created by Dyson

The brief

Make an egg fit into a bottle without breaking it.

The method

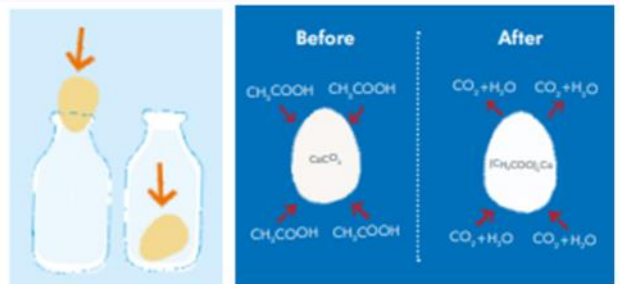
1. Submerge the egg in a glass of vinegar for two days: the shell will become rubbery.
2. Heat the bottle in hot water – remember to use gloves or a tea towel when handling it.
3. Rest the egg on the neck of the bottle.
4. As the air inside the bottle cools down, it will contract and suck the egg down.

Materials

An uncooked egg
A pan of boiling water (with adult supervision)
A glass of vinegar
A wide-mouthed glass bottle

Top tip

Try lubricating the egg with cooking oil or washing up liquid.



How does it work?

Eggs are rich in protein. When heat is applied, chemical bonds within the protein molecules are broken, and new bonds are formed between adjacent molecules. This creates a network of inter-connected proteins which causes the egg to go hard. Vinegar contains acetic acid (CH_3COOH) that dissolves the calcium carbonate (CaCO_3) shell but leaves behind the egg's springy membrane.

THE WALLINGTON WEEK

ENRICHMENT



PLAYING WITH SOUND

Created by Dyson

The brief

Make sound act differently

The method

1. Tie the two long pieces of string around the flat side of a coat hanger.
2. Wrap the ends of the string around your index fingers.
3. Now put your index fingers in your ears.
4. Lean over and swing the hanger so that it taps against a table or door. For maximum effect make sure it then hangs free again. What do you hear?

Materials

Wire Hanger
String or cotton thread

Want to go further?

Try varying the length of the string. Does it affect the sound you hear? Try attaching other objects to the string and testing them out.



How does it work?

Sound waves are created by the vibration of an object (the wire hanger and string). When vibrations hit your ear drum, your brain interprets the vibrations as sound. The sound waves can travel through air, liquids and solids. When we listen to the hanger hit the table with the string to our ears, the sound waves are traveling through the solid string and hanger. Since sound waves travel more quickly through solids, we hear the sound more clearly. When we bang the hanger without putting the string to our ears, the sound waves are traveling through air to get to our ears making the sound more quiet.

NON NEWTONIAN FLUID REACTIONS

The brief

Create a liquid that turns into a solid when stressed.

The method

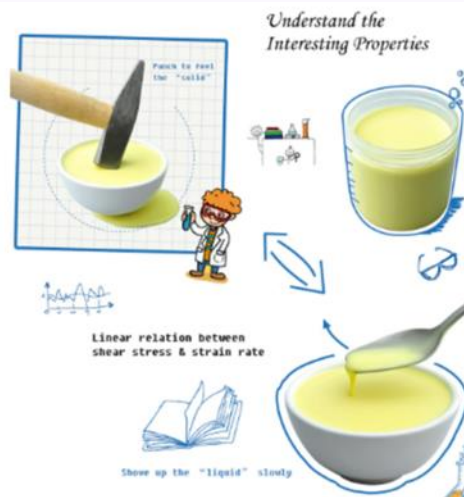
1. Add the corn starch to the bowl.
2. Add water slowly to the mixture, stirring in one tablespoon at a time, until all of the powder is wet.
3. Continue to add water until the corn starch acts like a liquid when you stir it slowly – but when you tap it with your finger it becomes hard.
4. Scoop the mixture into your hand and slowly work it into a ball.
5. As long as you keep pressure on it by rubbing it between your hands, it stays solid. Stop rubbing, and it melts into a puddle in your palm.

Materials

60g corn starch
60ml water
A spoon
A bowl for mixing

Want to go further?

Make a bigger bowl – can it hold up your weight if you run on the spot?
What other fluids act this way?
Custard, ketchup.
Can you find any more?



How does it work?

When you mix cornflour with water, the large cornflour particles remain suspended in the liquid. When you stir the mixture slowly it acts like a liquid because the suspended particles have time to move past each other. When you put sudden stress on the mixture, the water quickly flows out of the area but the large particles do not have enough time to move out of the way – making the mixture act like a solid.

THE WALLINGTON WEEK

ENRICHMENT

The Inspiring Tale of Sara Baker, who made significant improvements in Health care for children and became a role Model for aspiring Females wishing to enter medicine



At the beginning of the 20th century, the pioneering physician Sara Josephine Baker revolutionized public health care for children in New York City. When Baker started her public health work, the impoverished slums of Hell's Kitchen on the city's West Side were among the most densely populated places on Earth, and epidemics killed an estimated 4,500 people each week in the overcrowded immigrant tenements, including 1,500 babies. With a third of children born there dying before their fifth birthday, Baker famously remarked that "It is six times safer to be a soldier in the trenches than a baby in the United States." Thanks to her initiatives, the death rate plummeted, and Baker became famous as doctor who had saved 90,000 children in New York City and countless others as her reforms were replicated across the United States and in other countries.

Baker was born in 1873 and grew up in a Quaker family in Poughkeepsie, New York. She studied medicine at the Women's Medical College in Manhattan, the medical school run by Emily Blackwell, the sister of Elizabeth Blackwell, America's first female doctor. In 1908, with diseases such as measles, dysentery, typhoid, and diphtheria running rampant in the city's Lower East Side, Baker was put in charge of the Health Department's newly formed Bureau of Child Hygiene, the first of its kind in the country. In this role, Baker approached public health in an innovative new way: rather than focusing on tracking down sick children, whose chances for survival were

often slim in the age before antibiotics, she decided the new bureau would focus on education and prevention, including through smallpox vaccination campaigns and a variety of nutrition and hygiene educational programs.

Among her most successful initiatives, she sent nurses to visit all new mothers to teach them about proper infant care, including encouraging breastfeeding, regular bathing, and fresh air. She also set up a network of milk stations to provide clean, pasteurized milk to mothers who couldn't breastfeed, a much healthier alternative to the dirty water, contaminated milk, or beer otherwise fed to infants. Moreover, Baker convinced city officials to require that midwives have training and licenses, since many mothers and infants died each year during deliveries by untrained midwives.



Baker also tackled the persistent problem of infant blindness, which was caused by gonorrhea bacteria during birth. It was known at the time that administering drops of silver nitrate to newborns' eyes could prevent blindness but the silver nitrate bottles often became contaminated or the concentration was too high and caused more damage. To address these problems, Baker designed new containers out of sterile beeswax that contained precise, single doses of silver nitrate. Within two years, infant blindness dropped from 300 babies per year to 3 per year.

THE WALLINGTON WEEK

ENRICHMENT

The Inspiring Tale of Sara Baker, who made significant improvements in Health care for children and became a role Model for aspiring Females wishing to enter medicine



These initiatives and others had an astounding impact on public health: within three years of launching her programs, the infant death rate in New York City dropped by 40% and, by the time she retired in 1923, the city had the lowest infant mortality rate of any large American city. Baker's impact also extended far beyond New York City. In 1912, she helped to support the launch of the Federal Children's Bureau, now an agency of the U.S. Department of Health and Human Services. Her programs were also replicated in many other cities and states, including a school health program that was copied in 35 states, and every state had established a bureau of children's health like New York's by the time of Baker's retirement.

As Baker became well-known both in the U.S. and overseas as a champion of public health, she was asked to teach a course on children's health at the New York University and Bellevue Hospital Medical College

(now the New York University School of Medicine). She agreed with only one condition — the school, which at the time refused to admit female students, had to allow Baker and other women to enter the program as well. She graduated with a doctorate in public health in 1917 and continued to teach at the medical school for 15 years. Baker also became the first woman to serve on the Health Committee of the League of Nations, which she served on from 1922 to 1924.

Baker's writing helped to further spread her message of public health and the importance of caring for society's youngest members. She published more than 250 articles in the professional and popular press and wrote five books about maternal, infant, and child health. Her popular autobiography, *Fighting For Life*, described not only her work in New York City's Lower East Side, but also her activism for the Women's Suffrage Movement, her tour of Russia in the 1930s, and her adventures tracking down the infamous "Typhoid Mary." Baker died in 1945 at the age of 71 but her incredible legacy lives on today in public health programs across the world — and the millions of lives that they have saved.

**SICK PEOPLE NEED IMMEDIATE HELP,
UNDERSTANDING AND HUMANITY ALMOST
AS MUCH AS THEY NEED HIGHLY
STANDARDIZED AND EFFICIENT PRACTICE.**

- SARA JOSEPHINE BAKER -



Wallington High School *For Girls*

HEIRS OF THE PAST, MAKERS OF THE FUTURE

THE WALLINGTON WEEK



citizens
advice

EU SETTLEMENT SCHEME

If you are a European Union citizen, who is resident in the UK before 31 December 2020, you and your family members (including non-EU citizens) need to [apply to the EU Settlement Scheme](#) if you want to continue to live, work and study in the UK after 30 June 2021.

The EU Settlement Scheme allows you to continue to live, work and study here in the UK. It means you will continue to be eligible for:

- public services, such as healthcare and schools
- public funds and pensions
- British citizenship, if you want to apply and meet the requirements

The deadline for applications is 30 June 2021.

The Council is **legally prevented** from offering any advice or guidance regarding your application or any other issue related to immigration.

People who need advice about eligibility or help with the application can get free, confidential, independent and impartial advice through [Citizens Advice Sutton](#).

To get support, call the team on 07389731261 or email euss@citizensadvicesutton.org.uk