



Wallington High School *For Girls*

THURSDAY 17TH
DECEMBER 2020

HEIRS OF THE PAST, MAKERS OF THE FUTURE

THE WALLINGTON WEEK

MESSAGE FROM THE HEAD TEACHER

Dear Parents and Carers,

I want to start by saying thank you all for helping us get to the end of this autumn term. It has been a hard slog but my colleagues and your children have been tremendous. Staff really have gone the extra mile to provide as good an education as they possibly can for your children in these difficult circumstances and the students have been fantastic in adapting and following all the new procedures and structures. And our cleaning team and site team have been brilliant at keeping our transformed school clean and tidy. I cannot thank them enough.

Unfortunately we have not been able to run most of our end of term events this year. However, the Music department and their students have been working hard to put together our Virtual Music Concert 2020 for this year. You will find a link to this later in this edition – so please take the time to watch it as there are some amazing performances and I know a huge amount of hard work from Mrs Yard and Mrs Gunn has gone in to producing it.

Sadly we are saying farewell to one member of staff at the end of this term. Our Premises Manager, John Gelling is retiring after twelve years of service to the school. We wish him a happy retirement and thank him for the huge contribution he has made to the smooth running of the school over the years.

Finally the staff and I here at Wallington would like to wish all of our students and their families a very merry Christmas and a happy New Year and we hope you manage to get a relaxing break over the next two weeks.

We look forward to seeing everyone again on **Monday 4th January.**

MR R. BOOTH

Wishing
you all a
happy and
safe
festive
season



Supporting Parents

All parents and carers will be aware that our young people have experienced many uncertainties over the past few months. If you would like to watch a video sent to us by the Sutton Clinical Psychologists' team. This workshop is available to watch using the link below and provides a valuable insight in to topics such as the value of sleep to how to respond to heightened teenage emotions. We hope you find this of value.

[Parenting Teens in Times of Uncertainty - YouTube](#)

MRS GERMAN



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



Winter Holidays Support Line

We will be open everyday between
24th December - 3rd January, 3pm - 6pm

Call us to talk to an OTR counsellor
and for confidential support.

020 8175 6776

www.talkofftherecord.org



Support for ages
11-25 in Croydon,
Merton & Sutton.

THE WALLINGTON WEEK

MUSIC DEPARTMENT

Some of the Music Department teachers have created this piece of seasonal fun. Orchestral musicians can play along at home, the sheet music has been put on Frog: Orchestra and Frog:

Music Ensembles or Music Extra-Curricular titled Sleigh Ride Orchestra and can be found in KS3 Music and GCSE Music tabs.

Be careful to look through the PDF of the Sleigh Ride sheet music to find your instrument's part.

Watch it now (3 mins): <https://youtu.be/fyz3O6gol58>



WHSG ONLINE CONCERT 2020

It has been a very strange term for us all and for us in the Music department it has been really difficult not being able to have our normal extra-curricular music groups. We have therefore done an online concert. There were quite a few students involved and there are soloists from year 7 to year 12 as well as a range of styles of music. We can't wait to be singing again in all four choirs as well as in the classroom and to be playing in the orchestras. Thank you to everyone that took part. We hope you enjoy.

[WHSG MUSIC DEPARTMENT CONCERT 2020 - YouTube](#)



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

THE WALLINGTON WEEK

Aspens



CATERING NEW MENU FOR JANUARY 2021

Italian
Mondays 
Pasta Bar

Choose your pasta from Penne, Macaroni or Fusilli & top with a Spinach & Mushroom Sauce (V), Puttanesca Sauce (V) Carbonara or Bolognese. Served with Chef's Salad & Garlic Bread.

Mexican
Tuesdays 

Mexican Bar
Enchiladas with Chilli Chicken or Roasted Squash, Jackfruit & Pineapple (V). Choose a side of Mexican Rice or Pico Di Gallo Salsa.

British
Wednesdays 

Best of British Roast
Choose from our Meat of the Day or our Delectable Vegetarian Alternative (V). Served with Roast Potatoes, Seasonal Vegetables & Vegetarian Gravy.

Spanish
Thursdays 

Spanish Bar
Choose from Garlic, Lemon & Cumin Chicken or Spanish Style Spinach & Chickpeas (V) both served with Spanish Rice. Sides of Patatas Bravas & Smoked Charred Corn Available.

Fish & Chip
Fridays 
Main Event

Choose from our Fish & Chip Shop Counter... Fish of the day, Battered Fishcake, Jumbo Sausage or Spring Rolls (V) with Curry Sauce.

Hot Grab & Go of the day...
Wrap of the Day or Pizza of the day plus Jacket Potatoes with various toppings (V)

Vegan option
Spicy Pasta with Garlic Mushrooms (Vg) with Chef's Salad & Garlic Bread.

Hot Grab & Go of the day...
Selection of Chicken wings with a daily rub, Wrap of the Day or Pizza of the day or Jacket Potatoes with various toppings. (V options available)

Vegan option
Vegan Burritos with Vegetables, Rice & Black Beans (Vg)

Hot Grab & Go of the day...
Selection of Chicken wings with a daily rub, Wrap of the Day or Pizza of the day or Jacket Potatoes with various toppings. (V options available)

Vegan option
Vegan Shepherd's Pie

Hot Grab & Go of the day...
Selection of Chicken wings with a daily rub, Wrap of the Day or Pizza of the day or Jacket Potatoes with various toppings. (V options available)

Vegan option
Vegan Jambalaya (Vg)

Hot Grab & Go of the day...
Selection of Chicken wings with a daily rub, Wrap of the Day or Pizza of the day or Jacket Potatoes with various toppings. (V options available)

Vegan option
Chickpea & Roasted Parsnip Curry with Rice & Naan Bread (Vg)

Italian
Mondays 

Pasta Bar
Choose your pasta from Penne, Macaroni or Fusilli & top with Bolognese, Carbonara, Cheese & Baby Leaf (V) or Arrabiata Sauce (V), Served with Chef's Salad & Garlic Bread.

Pizza Bar
Deep Pan Pizza your way! Choose from Margarita (V), Pepperoni or Roasted Peppers (V), Served with Chef's Salad & Garlic Bread.

Vegan option
Pasta Arrabiata with Marinated Aubergine Steak, Served with Chef's Salad (Vg).

American
Tuesdays 

Burger Bar
Choose from Beef Burger, Chicken Burger or Vegetable Bean Burger (V) plus a side of Fries, Wedges, Onion Rings or Slaw.

Hot Dog Bar
Choose from a Pork Hotdog, Posh Dog or a Quorn Dog (V) plus a side of Fries, Wedges, Onion Rings or Slaw.

Vegan option
Spinach & Kale Burger (Vg) plus a side of Fries, Wedges, Onion Rings or Slaw.

British
Wednesdays 

Best of British Roast
Choose from our Meat of the Day or our Delectable Vegetarian Alternative (V). Served with Roast Potatoes, Seasonal Vegetables & Vegetarian Gravy.

Why not try...
A Roast in a roll or Baguette Served with Roasted Potatoes

Vegan option
Stuffed Aubergine & Tomato Concass (Vg).

World of
Flavours
Thursdays 

Curry Bar
Choose your Curry from Chicken Tikka, Chicken Korma, Vegetable Tikka (V) or a Chana Masala (V), Served with Rice & Naan Bread.

Side Dishes
Bahaji (V) or Samosa (V) plus look out for our Bombay mix pots!

Vegan option
Vegetable Biryani topped with Spiced Vegetables and a Mango Sauce (Vg)

Fish & Chip
Fridays 

Main Event
Choose from our Fish & Chip Shop Counter... Fish of the day, Battered Fishcake, Jumbo Sausage or Spring Rolls with Curry Sauce (V).

Sides
Choose from Chips, Mushy Peas, Peas or Beans. Look out for the Giant Gherkins & Pickled Eggs!

Vegan option
Cauliflower Popcorn with Curry Sauce (Vg)

THE WALLINGTON WEEK

CAREERS INFORMATION

Below are some exciting remote placements which will give you opportunities to try out industries you might be interested in which will allow you to gain insights into the reality of work.

New Virtual Work Experience Opportunities Recruiting Now:

[NHS: Meet the people behind the masks](#)

- Dates: 27th January 2021.
- Eligibility: 14 – 19 year olds keen to find out more about a career in the NHS.
- Application Deadline: 6th January 2021

[Build Yourself with Wates VWEX](#)

- Dates: 16th February 2021.
- Eligibility: 14 – 19 year olds keen to find out more about a career in construction, development, and property services.
- Application Deadline: 5th February 2021

[Willmott Dixon Management Careers VWEX- Future Leaders Wanted](#)

- Dates: 15th - 19th February 2021.
- Eligibility: 16 – 19 year olds interested in management careers in construction.
- Application Deadline: 31st January 2021

[Govia Thameslink Railway – Insight Day](#)

- Date: 17th February 2021. Sessions will run from 10:00 – 15:00
- Eligibility: 14 – 19 year olds interested in management and the diverse careers in the railway sector.
- Application Deadline: 17th January 2021

[Start Your Road to Success: AMEY](#)

- Dates: 15th - 17th February 2021.
- Eligibility: Creative 14 – 19 year olds interested in an industry that keeps the country moving.
- Application Deadline: 22nd January 2021

[Tesco: Year 10 Technology Department VWEX](#)

- Dates: 15th – 19th March 2021
- Eligibility: Year 10 students who are keen to gain insight into Design, UI/UX and product management.
- Application Deadline: 15th January 2021

[Financial Services Insight Day with Fidelity International](#)

- Dates: 17th February 2021.
- Eligibility: 16 – 19 year olds interested in a career in financial services and investment.
- Application Deadline: 15th January 2021

[Communications Agency VWEX with Cicero/AMO](#)

- Dates: 15th – 19th February 2021.
- Eligibility: 15 – 19 year olds interested in a career in digital media, communications, or market research.
- Application Deadline: 15th January 2021

[SCS Railways: Insights into Infrastructure and the Built Environment](#)

- Dates: 15th – 19th February 2021.
- Eligibility: London based Year 12 and 13 students interested in design, construction, and infrastructure.
- Application Deadline: 15th January 2021

[Create and Market Content for a Fashion Brand](#)

- Dates: 15th – 17th February 2021.
- Eligibility: 16 – 19 year olds interested in content creation and social media management.
- Application Deadline: 15th January 2021

[Design Euston Train Station for High Speed 2 \(HS2\)](#)

- Dates: 15th – 19th February 2021.
- Eligibility: 14 – 19 year olds interested in design, engineering and construction (Camden residents/students only).
- Application Deadline: 28th January 2021

[Curate an Exhibition with Regent's Place](#)

- Dates: 15th – 19th February 2021.
- Eligibility: 14 – 19 year olds interested in creative thinking and the arts (Camden residents/students only).
- Application Deadline: 15th January 2021

THE WALLINGTON WEEK

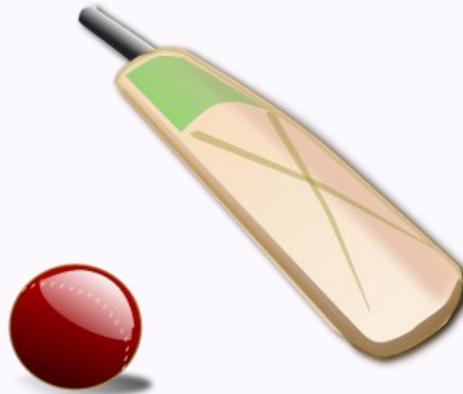
STUDENT SUCCESS

CRICKET ACHIEVEMENT

Anjali 10 Sharman was selected to play Cricket for Surrey U17s and in October she was one of only three girls invited to trial for the South East Stars which is the new ladies senior franchise taking the best girls from the whole of Surrey and Kent.

From a group of 20 girls she was selected as one of the top 15 and as a result now training 3 times a week, Saturday, Sunday and Wednesdays. All being well there is the prospect of national selectors having a look at her as well next year during match play.

This is fantastic news, well done Anjali.



ROUTES INTO STEM PROGRAMME

Chloe 10 Athena participated in the Routes into STEM Programme online during the October half term week and she has just received her Cadet Bronze Level Certificate.

Well done Chloe for achieving Bronze Level Industrial Cadet.



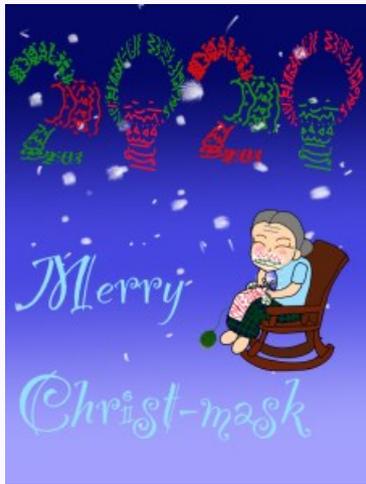
THE WALLINGTON WEEK

YEAR 8 ART COMPETITION

The Art department ran a Year 8 competition for Christmas/ Winter card designs; the winning design is being used as the school's official card. Congratulations to Miriam in Year 8 for winning the art Christmas card design competition. Her work was extremely strong and well executed. Well done to all of Year 8 for submitting such brilliant designs.



Here are the runners up entries:



La date limite de participation est le 5 mars 2021!

Partagez votre point de vue avec nous !

Thème:

Quel rôle jouent les monuments historiques dans la société actuelle ?
Doit-on reconstruire à l'identique les monuments, comme Notre Dame, qui ont été détruits ?
Ou au contraire, doit-on créer un nouveau monument à leur place ?

Questions:

Quelle est votre opinion sur la reconstruction à l'identique ?

Quelle serait la meilleure option ?

Si vous voulez répondre à la question en prenant un cas particulier vous pouvez prendre celui de la Cathédrale Notre Dame de Paris, mais ce n'est pas obligatoire : vous pouvez illustrer vos arguments avec l'exemple que vous voulez !

Format:

Votre réponse doit faire entre 400-500 mots.

Vous pouvez choisir de répondre de façon académique ou par une écriture d'invention.

Si vous le voulez, vous pouvez illustrer votre texte avec des dessins ou des photos.

Nous vous encourageons à partager vos expériences ou réflexions personnelles et à faire preuve de votre créativité !

Récompense:

Le vainqueur du concours aura l'opportunité d'être publié dans la 8ème édition du magazine français de King's College London, Des Nouvelles Héloïse ? qui paraîtra au printemps 2021.

Il recevra aussi un prix, un Amazon voucher de £30, et une copie du

magazine.
Si les circonstances le permettent, le vainqueur du concours sera aussi invité à faire connaissance de l'équipe et pour faire un tour du département de français de King's College London.

Informations:

Vous devrez nous envoyer votre texte dans le format Word ou PDF à l'adresse mail :

kclfrenchnewsletter@gmail.com

Dans la barre « Objet » mettez comme sujet

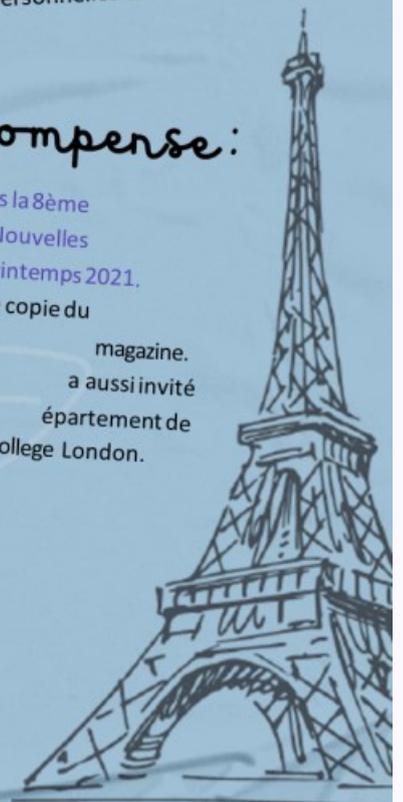
« Concours 2020-2021 ».

Ajoutez à votre travail votre nom, le nom de votre école et votre classe.

La date limite de participation est le 5 mars 2021

Des Nouvelles, Héloïse ?

King's College London • Département de français • Concours 2020-2021



THE WALLINGTON WEEK

ENRICHMENT

FRENCH WRITING COMPETITION

King's College London are inviting language students of any age to create an entry for the above competition. Full details are on the following slide but in brief;

The writing should be approximately 400 - 500 words and on "Quel rôle jouent les monuments historiques dans la société actuelle ? »

It must be in French, can be factual or imaginative and must include lots of personal opinions. It can be in any format and even include photos and pictures.

There will be an amazon voucher of £30 for the winning entry as well as other prizes.

The closing date is 5th March , 2021 and entries should be forwarded to the MFL Department here at school who will collate them and send them in together.

Merci, bonne chance et bon courage

Mme Hopgood

Director of Languages

CALLING ALL YEAR 8 AND 9 LEGAL EAGLES MOCK MAGISTRATES COURT COMPETITION

Dear Students,

We have an exciting opportunity for you..

Are you interested in Law? Are you curious to understand how law touches every aspect of our lives and gain an insight into how the legal justice system works? Would you like to be part of a team that will go head-to-head with other schools to prosecute and defend a mock court case? Are you interested in debate and have a confident approach when speaking...

If so we would like for you to represent the school in the first round of the Mock Magistrates court competition. This competition is taking place virtually this year, so will be held at school. You will be required to attend some break/after school sessions to help investigate and prepare the case, ready for the live trial. We will also have a live session with a Sutton Magistrate whom will give your team lots of advice and support.

If the above interests you please email me with why you would like to be part of the Wallington Girls team. We only have spaces for 15 girls so your selection will be based on your ability to articulate why you think you would be suitable.

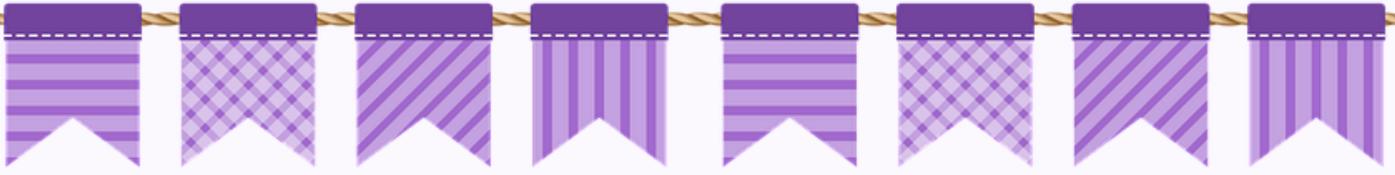
I look forward to hearing from you.

Mrs S Collins

Director of Sport & Arts

Enrichment & Visits Co-ordinator

THE WALLINGTON WEEK



@THEWALLPAPER_MAG

**want your art/
photo in the
School
Magazine?**

Open to all years

**If you have any art or photos that you would
like displayed in the school's magazine**

Please email: @ASISODIA15@wallingtongirls.org.uk

**These photos or art can be from lockdown or
otherwise!**

THE WALLINGTON WEEK

ENRICHMENT

DID YOU KNOW?

On the 14th December 1542 Princess Mary Stuart succeeds her fathers James V and becomes Queen Mary 1 of Scotland at 6 days old.



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?](https://www.youtube.com/watch?v=T7OQaSm6AgY)

[v=T7OQaSm6AgY](https://www.youtube.com/watch?v=T7OQaSm6AgY)

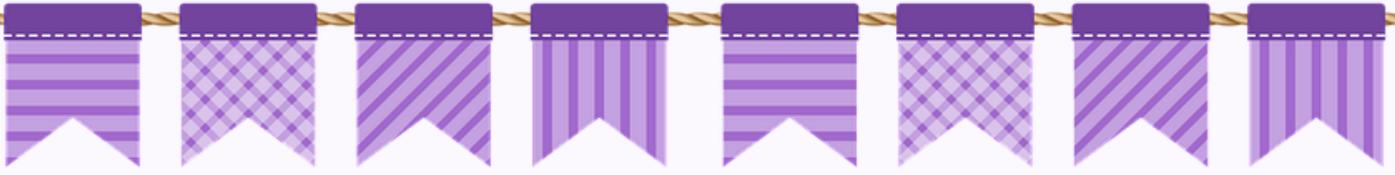
How does it work?

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

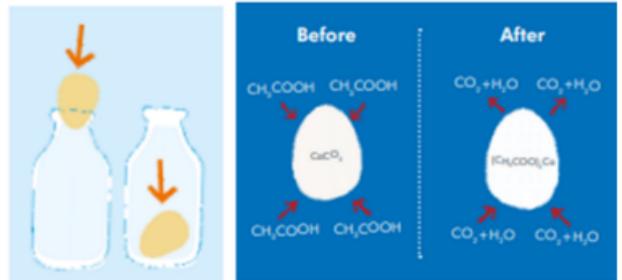
1. Submerge the egg in a glass of vinegar for two days: the shell will become rubbery.
2. Heat the bottle in hot water – remember to use gloves or a tea towel when handling it.
3. Rest the egg on the neck of the bottle.
4. As the air inside the bottle cools down, it will contract and suck the egg down.

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.

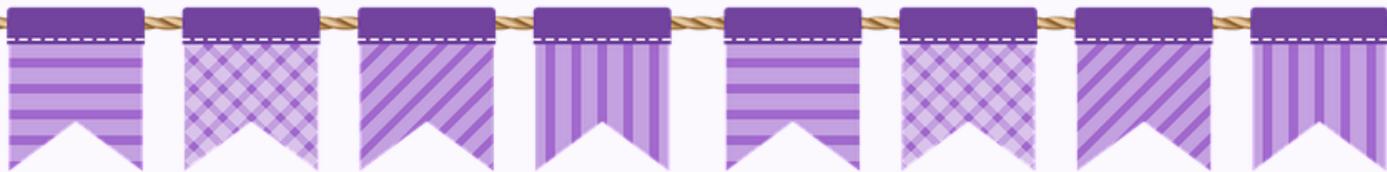


How does it work?

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

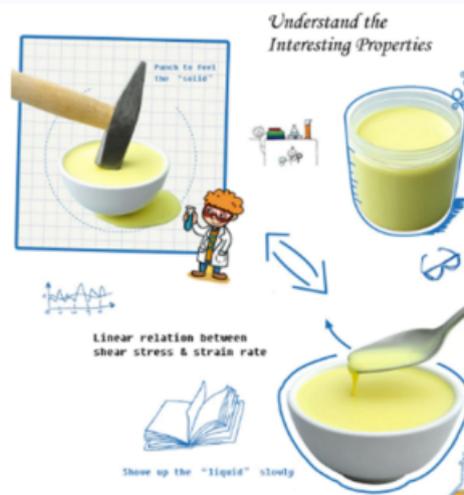
1. Add the corn starch to the bowl.
2. Add water slowly to the mixture, stirring in one tablespoon at a time, until all of the powder is wet.
3. Continue to add water until the corn starch acts like a liquid when you stir it slowly – but when you tap it with your finger it becomes hard.
4. Scoop the 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.