



Wallington High School *For Girls*

TUESDAY 2ND
FEBRUARY 2021

HEIRS OF THE PAST, MAKERS OF THE FUTURE

THE WALLINGTON WEEK

MESSAGE FROM THE HEAD TEACHER

Dear Parents and Carers,

I trust you are all well and continuing to keep safe. As lockdown continues, there are a few things that I would like to update you on.

Congratulations to our eight students who have secured Oxbridge places; three of whom have secured offers to study at Oxford University and five of whom have secured offers from Cambridge University. These offers cover a wide range of courses including Medicine, Mathematics, Modern Languages, Philosophy, History and Politics. Whilst we are very proud of this success, we are acutely aware that there are so many more top universities to which our students will progress. We have students receiving offers on a daily basis, and there are still a number of top universities yet to finalise their offers.

We have recently been discussing remote learning with our students and gathering their feedback on how they are finding things. Details of this feedback can be found later in this edition and we have been working with staff to make adjustments to our current provision in light of this feedback. We also want to gather feedback from a parents and carers so a separate letter is going out to all parents asking them to complete a short survey. We ask that parents complete this online by Monday 8th February.

Year 11 guidance meetings have continued this week, aimed at supporting students with their A level option choices for next year. It has also been a good opportunity to catch up with members of Year 11 to see how they are getting on during lockdown.

It is now the turn of Year 9 students to start thinking about their GCSE options for next year and as we are unable to have a usual Year 9 Options Evening, everything has now been made accessible remotely on our website, including subject talks and our GCSE Options booklet.

Click the following link to view our Year 9 Options Evening Information:

<https://www.wallingtongirls.sutton.sch.uk/page/?title=Year+9+Options+Evening+2021&pid=131>

This will then be supported by the Year 9 Parents' Evening which takes place after half-term.

Finally, SecEd, an educational magazine in the UK, have produced a useful article on remote teaching and learning: [Lockdown teaching and learning: A quick guide for families \(sec-ed.co.uk\)](https://www.sec-ed.co.uk) The article provides a summary of research on how children best learn and how parents can best support them.

Have a great week.

Mr R. V. Booth



**WE'RE PROUD TO SUPPORT
CHILDREN'S MENTAL
HEALTH WEEK**

[CHILDRENSMENTALHEALTHWEEK.ORG.UK](https://www.childrensmentalhealthweek.org.uk)
#CHILDRENSMENTALHEALTHWEEK





THE WALLINGTON WEEK

RESPONSE TO STUDENT FEEDBACK ON REMOTE EDUCATION

As part of our measures to make sure that we are delivering an effective but also sustainable remote education, on Friday 15th January we sought student feedback on aspects of our provision. As expected, when dealing with a large and diverse student body, we received a wide variety of views and not all were in complete agreement. However, some views were more common than others, and have prompted a school-wide response.

Based on the feedback, a number of our students were finding certain aspects of remote learning challenging, in particular:

1. Balance of live and non-live lessons, when all lessons for a subject are live, or all lessons on one day are live.
2. Double lessons where both lessons are delivered as live with no break.
3. Completing work set for non-live lessons or homework. This also includes work set due to time running out in a live lesson.
4. Live lessons going over 50 minutes.

Our response is detailed below.

1. To co-ordinate live and non-live lessons and ensure students are not on MS Teams all day we would have to introduce a new timetable. At this stage we do not believe this is practical. Instead, we have encouraged teachers to take advantage of the opportunity to set non-live lessons for 50% of lessons over a one-week period. We have also made it clear that, as stated by the Department of Education, live lessons are not the gold standard of remote education and with clear instruction, non-live lessons can play a key role in effective teaching and learning. Still, encourage is not the same as prescribe, and where classes are not struggling with live lessons (e.g. Sixth-Form), teachers may teach more than 50% of their lessons live. In this situation the odd non-live lesson here or there to consolidate learning and reduce screen-time may be enough.

2. Like the previous point above we have encouraged staff to avoid full live double lessons. However, where this is not appropriate, we have insisted that there is a ten-minute break between the two lessons that form the double.

3. Teachers have been reminded that students struggle to work at the same capacity under lockdown as they would do if in school. We have asked that teachers reduce their workload expectations by 50% and ensure that all work set can be completed in the allocated time. Please note that according to our homework policy students are only expected to complete a certain amount of homework for each subject, and with parental approval may stop if this amount is exceeded.

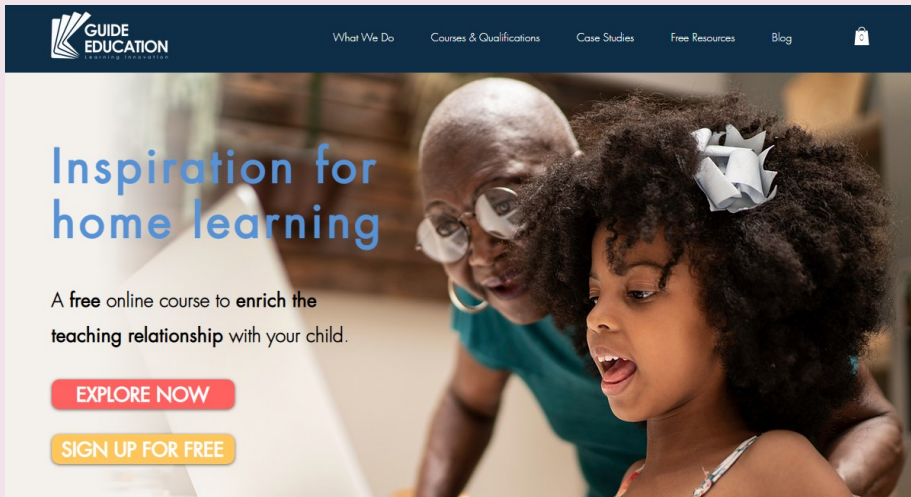
4. From Monday 1st February all single lessons will be 50 minutes long. This should give students and teachers enough time for a comfort break away from a screen, and to prepare for their next lesson.

We hope that you find these responses reasonable and supportive of your child's wellbeing and education. These are difficult and trying times for all members of our school community, and we thank you for your ongoing support and kind words in helping us do right by your daughter.

THE WALLINGTON WEEK

REMOTE LEARNING RESOURCES

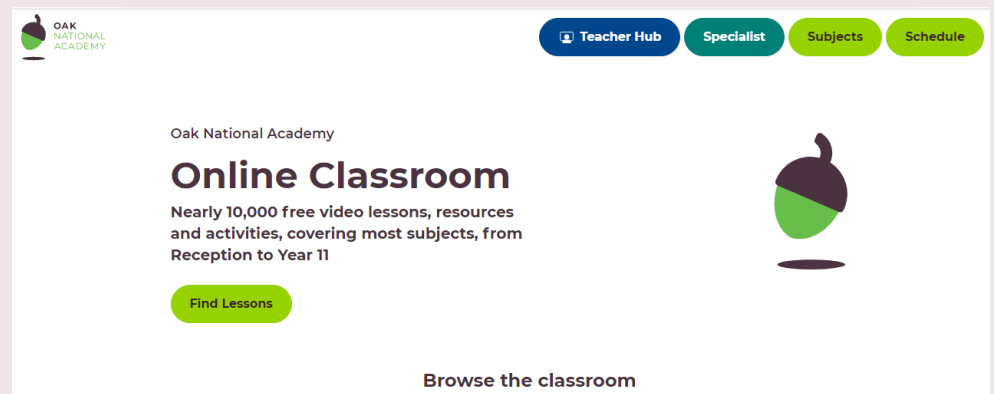
Below are some links to some great online resources that we wanted to highlight to Parents/Carers.



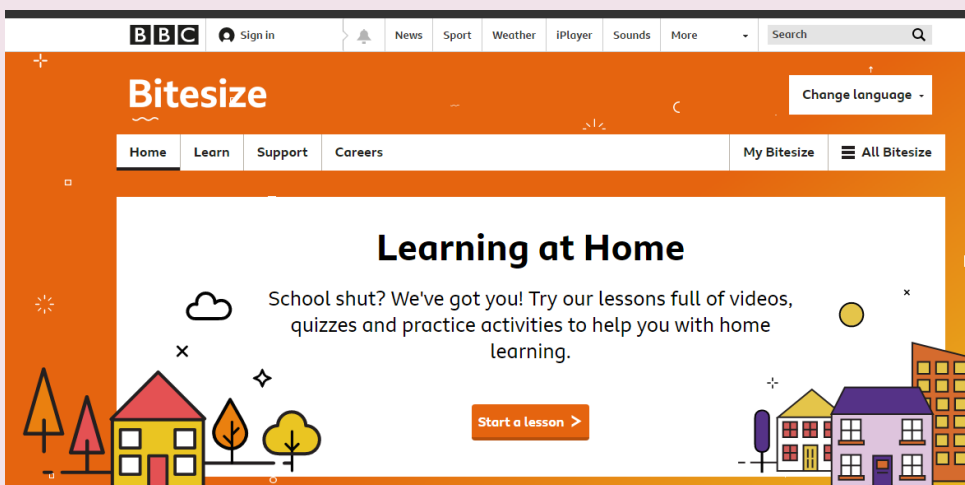
The screenshot shows the Guide Education website. The header includes the logo and navigation links: 'What We Do', 'Courses & Qualifications', 'Case Studies', 'Free Resources', and 'Blog'. The main banner features a photograph of a man and a young girl looking at a laptop. The text on the banner reads: 'Inspiration for home learning', 'A free online course to enrich the teaching relationship with your child.', 'EXPLORE NOW', and 'SIGN UP FOR FREE'.

[Parent Support Course | Guide Education](#)

[Oak National Academy Online Classroom \(thenational.academy\)](#)



The screenshot shows the Oak National Academy website. The header includes the logo and navigation links: 'Teacher Hub', 'Specialist', 'Subjects', and 'Schedule'. The main content area features the text: 'Oak National Academy', 'Online Classroom', 'Nearly 10,000 free video lessons, resources and activities, covering most subjects, from Reception to Year 11', and a 'Find Lessons' button. There is also an acorn icon and a 'Browse the classroom' link at the bottom.



The screenshot shows the BBC Bitesize website. The header includes the BBC logo, 'Sign in', and navigation links: 'News', 'Sport', 'Weather', 'iPlayer', 'Sounds', and 'More'. The main content area features the text: 'Bitesize', 'Change language -', 'Home', 'Learn', 'Support', 'Careers', 'My Bitesize', and 'All Bitesize'. The main heading is 'Learning at Home', followed by the text: 'School shut? We've got you! Try our lessons full of videos, quizzes and practice activities to help you with home learning.' and a 'Start a lesson >' button. The background features a colorful illustration of houses and trees.

[Educational programmes to help children learn at home are available from the BBC.](#)

THE WALLINGTON WEEK

**ANXIOUS,
WORRIED OR
STRESSED?**

Text **CONNECT**
to **85258** for
24/7 support.



shout
85258
here for you 24/7



Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is **Express Yourself**.

Express yourself and live through your imagination! Being creative helps us see things differently, better deal with uncertainty, and become stronger problem solvers. Through film, song, dance, or whatever you set your mind to, remember to let the inner artist out and express ourselves any way we can.

Here is a spoken word piece by George the Poet which illustrates diverse creativity and self expression:
<https://www.youtube.com/watch?v=eAJUbK8rkC0>

'We have always believed deeply in the power of creativity. Now, more than ever, we're inspired by people in every corner of the world finding new ways to share their creativity, ingenuity, humanity and hope.' –

Apple: <https://www.youtube.com/watch?v=KI1NW7h7rY>

How To Make a paper duck in under 2 minutes:

Origami Arts:

<https://www.youtube.com/watch?v=7Uiz7fw7JK8>

**IN 2019/20 PLACE2BE
WORKED WITH**



700
schools



reaching over
38,681 children and
young people.

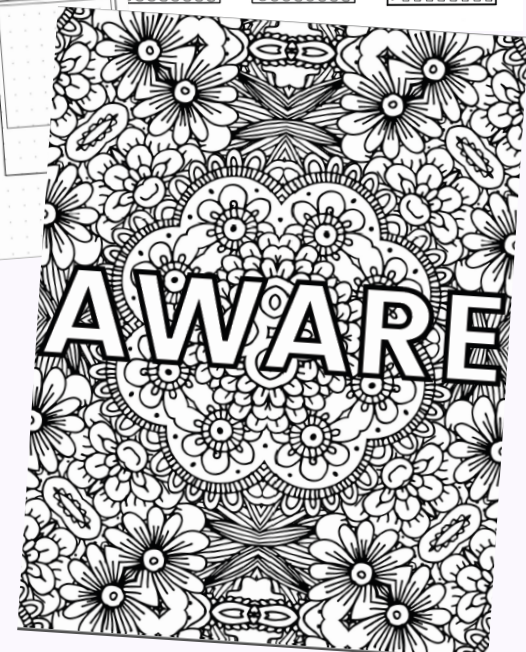


#ChildrensMentalHealthWeek

BULLET JOURNAL

The theme of children's mental health week this year is self-expression. We have put together some resources for students to make their own bullet journal. A bullet journal is a creative outlet to help reduce anxiety and stress levels. The pages within this resource pack include habit and mood trackers, daily water intake trackers, weekly planners, ideas for pages and much more. You can either print these pages out or use them as references to start your own bullet journal in a notepad or on paper. Click this link to download and view the resources:

<https://www.wallingtongirls.sutton.sch.uk/news/?pid=3&nid=1&storyid=37>



THE WALLINGTON WEEK

ENRICHMENT

Mental Health Careers Talk

The University of Leicester will also be hosting two live Mental Health Careers talks for students in Years 7-13. Students will have the opportunity to find out about the range of exciting careers in the sector, including Psychiatry and Mental Health Nursing. The talks will take place virtually on Zoom, on the following dates:

Tuesday 2 February

12:15-1:00pm – Students can sign up to attend [here](#)

Wednesday 3 February

5:00-5:45pm – Students can sign up to attend [here](#)

Mental Health Awareness Week 2021 Express Yourself

There's no set way to journal: whether you do it every day or once a week, you'll find the method that works best for you. So start writing!

The Joys of Journaling

All you need to journal is a notebook and a pen, but the benefits of journaling daily are amazing! It can:

- Help you organise your thoughts
- Express any creative ideas you have
- Accurately track your goals
- Relieve stress and get your feelings onto paper
- Give you time to reflect
- Increase feelings of gratitude and happiness

The sky's the limit: when you write for yourself, there's no need to restrict yourself or your thoughts, and you can express yourself entirely



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Listen to favourite song 	Watch TV show 	Give someone a hug 	Just Dance!	Reconnect with an old friend 	Meditate 	Eat cake 
Start a journal 	Phone a friend	Try Zumba	Paint a self portrait 	Tell someone you love them 	Watch a Rom-Com 	WORKOUT!
Learn a new fact	Take a bubble bath 	Make a bucket list	Read a book	Make dinner for your family 	DIY Project 	Have a spa day 
Bake 	Make and listen to a chill out playlist 	Take a risk! 	Watch a movie from your childhood 	Try a new food 	Take a nap	Self appreciation day 



THE WALLINGTON WEEK

CAREERS INFORMATION

YOUNG PROFESSIONALS

Young Professionals have been given exclusive access to run the first kick-off event for PwC's Virtual Summer Programme. On this webinar you will learn all about their work experience opportunities, routes into the firm and how you can apply / pass their selection process.

Immediately after the webinar you will be sent a unique application link so you can apply and be one of the first to get your application in!

PwC's Virtual Summer Programme: (In the Summer Holidays)

Monday 1st February, 5pm -6pm

An interactive virtual summer programme for students interested in Business, Accounting, Finance & Technology Y12 students

A unique opportunity to hear about the different entry routes into PwC

Get your questions answered by the recruitment team
Parents are encouraged to join!

Application Link:

<https://www.research.net/r/PwC-Work-Experience>

We have very limited spaces for this event so are encouraging you to sign up ASAP if it's of interest.

We would like to share with you some resources which might help families support our young people in these unusual times. The Education Wellbeing Practitioners in Sutton have created 3 videos which may be useful and can be viewed online.

Supporting your teenager with lockdown and the return to school: <https://www.youtube.com/watch?v=4xA4WWGpAcY&t=21s>

This is a video for parents, carers, or those working with adolescents, offering guidance around how to support teenagers during lockdown and help them cope with Covid-19. We also look at how to support them with the transition back into school.

Parenting teens in times of uncertainty: <https://www.youtube.com/watch?v=HcW-3Dnh9sl>

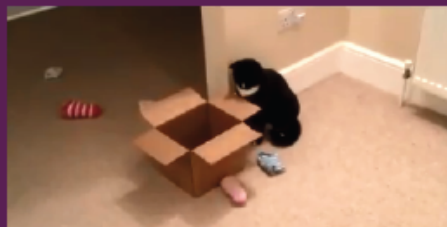
This video is for parents and carers of teenagers recorded from a live workshop. It will look at the following the topics: supporting your teenager with sleep, how to enable teens to hear what we're saying, recognising anxiety and low mood in teens, how to respond to heightened teen emotions

Supporting your teenager with anxiety: <https://www.youtube.com/watch?v=X5ZTggCEG98&t=286s>

This video is aimed at the parents or carers of teenagers and provides some ideas as to how you can support them if they are experiencing worry or anxiety.

WEEK 4 CHALLENGE

NETBALL SHOOTING



Calling all our Helen Housby's 🧡

How many shots can you make in 30s?
Find a bin, basket or box and lots of scrunched up socks or pieces of scrap paper. Make sure you stand at least 5m away from the target, set a 30s timer and start shooting. Let us know how many you score to be in with a chance of winning a fun prize!



THE WALLINGTON WEEK

ENRICHMENT

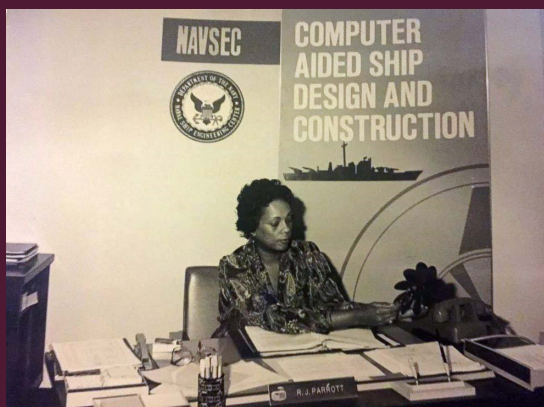
DID YOU KNOW?

Raye Montague was born on 21 January 1935 in the US and is a very interesting African American lady that became an influential engineer. As a 7-year-old during WWII, Raye Montague toured a captured German submarine and immediately set her sights on becoming an engineer. Little did she know that sexism and racism would challenge her dream every step of the way – even at college where she ended up studying business because the engineering department would not accept black students. Raye ended up working at the US Navy as a typist, studying engineering at night. One day, when all the engineers were sick with the flu, she astonished everyone by completing all of their work. She went on to become the first person to design a ship on a computer and the Navy's first female ship designer - and today the girl who refused to give up on her dream is celebrated as a pioneer who changed ship design forever. She later worked on ships such as the *Seawolf*-class submarine and the *Nimitz*-class aircraft carrier *Dwight D. Eisenhower*.

If you wish to know more about this interesting and influential lady, please look at some of the articles below:

<https://abcnews.go.com/Entertainment/meet-woman-broke-barriers-hidden-figure-us-navy/story?id=45566924>

To hear the lady talking herself <https://www.youtube.com/watch?v=RcVo0Laga6s>



Holocaust Memorial Day

The 27th January is also Holocaust Memorial Day. Due to the pandemic all memorial events have moved online and can be seen on the following links:

The London Assembly Memorial event <https://youtu.be/JH2OfYCsiRU>

Unison have also created a booklet examining historical genocide and how we can learn from it to create a better future.

<https://www.hmd.org.uk/wp-content/uploads/2019/09/About-HMD-booklet.pdf>

THE WALLINGTON WEEK

ENRICHMENT

Well done for making it to the end of January; officially the coldest and darkest month of the year! I hope you enjoyed participating in some of the physical and wellness enrichment challenges we set for January, in and around your remote learning.

Unfortunately we did not get any feedback from you showing us how you got on so we are unable to send any of the care packages out.

For February, to co-ordinate with International Mother Language Day on the 21st, we are setting a

new month long challenge all about Modern Languages. We would again love you all to get involved and try some of these ideas and see how you get on. Try just one, all of them or try one every day - the choice is yours! Please do give us feedback or pictures of you joining in and again we can offer to send out a couple of surprise care packages at the end of the month.

Send everything into:

enrichment@wallingtongirls.org.uk

February Language Challenge

- Change the language settings on your TV/streaming channel and watch your programmes with subtitles in the language you are learning
- Travel List: List ten countries you would like to visit by the time you are 25
- Practise the language you are studying on an app for 10 mins
- Cook a traditional dish from a country that speaks the language you are learning
- Teach a parent or guardian three common phrases in a foreign language ie:
1) Excuse me
2) Can you repeat that
3) Sorry I don't understand
- Learn to write your favourite phrase in a different language
- Watch a foreign language film in the language you are studying
- find 10 cool words in your language that don't have an English equivalent
- Listen to some music from the country whose language you are studying. Find a playlist on spotify/youTu be and google the lyrics
- Read a magazine or book written in a foreign language
- Change your social media app settings into the language you are studying for one hour
- Research which language may be the most useful in your dream job

Faraday Engineering Competition

Unfortunately the physical Faraday Challenge, we had arranged on the 13th January 2021 some students in year 8, had to be cancelled due to the school closure. Instead we are giving all students aged up to 15 the chance to enter their replacement virtual competition.

History Competition

Don't forget the Historical story competition published last week; we are looking forward to reading some of your entries in the coming weeks.

Virtual Faraday Challenge 2021



This season's Virtual Faraday Challenge tasks young people to see if they can assist the work of Network Rail in helping them to **sustainably manage the increasing numbers of passengers** using their network and **minimise their impact on the environment**.



- For any student up to 15 years
- you can enter individually or as a group
- Entries will be judged every month
- More information here: <https://education.theiet.org/faraday-challenge-days/virtual-faraday-challenge/>

Any questions please email Mrs Casparry

THE WALLINGTON WEEK

Write Your Own Historical Fiction Competition 2021



Winners of the national competition will each receive a cash prize of £25 and an engraved Bath Aqua Blue glass paperweight or bookmark (or equivalent).

Deadline

Entries need to be submitted by the end of the day on the 1st **March 2021** and submitted to enrichment@wallingtongirls.org.uk Winners will be announced and some published in the following Wally Week and student bulletins. Winners of the national competition will be announced at the beginning of June

Judges are looking for:

- **Historical accuracy** – even down to the choice of names characters are given and any props additional to the historical setting
 - **A riveting read** with a good plot!
 - **A convincing story** - i.e. is it plausible that these events and/or this character could have existed at the time?
 - **Use of historical knowledge** to feed the plot, context and character
 - **Effective use of historical vocabulary and literary conventions**, including where dialogue is included in the story
- Creative and interesting perspectives of story-telling.** In the past we have received an entry telling the story of a siege from the perspective of the castle!

Are you a history buff? Do you like creating a good old yarn? Then this national competition opportunity may be for you! Students from all years are invited to write a historical story, which can be set in **ANY*** period or place in the past, so the story can fit in with and extend any historical topic you may be studying. The story should be a minimum story length of 400 words and a maximum word length of 3500 words. We regret that entries that go over this word limit may not be considered.

Prizes

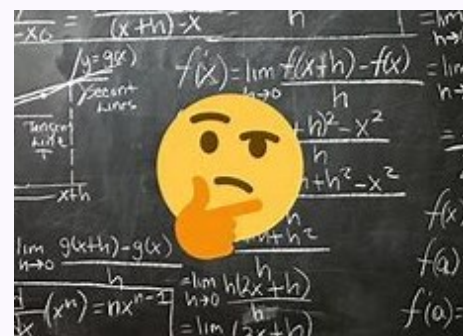
All entries submitted will get 3 house points
5 Winning students for WHSG will receive a £10 book voucher and 10 house points and will also be put forward to enter the national competition.

Sixth Form Mathematical Enrichment and Problem-Solving Club

During period 5 on Wednesdays, I have arranged to meet with some Year 12 Further Maths students to look at some challenging mathematical problems and talk about ideas of how to extend and enrich your mathematical experience. (And maybe think of things to enhance your UCAS application!).

If you are in the sixth form and free at that time and would like to come and join us then please email me and I will send you a TEAMS invite.

Miss Tucker (stucker@wallingtongirls.org.uk)



The Reigate & Redhill Music and Drama Festival Results May 4th–15th 2021



Online Entries: 1st January - 15th March 2021
Video submissions 16th March - 16th April 2021
Entries cost between £4 and £16 per class



A Virtual festival inviting videoed performances of instrumental music, singing and speech & drama for remote adjudication. Performers of all ages will be given expert feedback, a graded certificate for their performance and the opportunity to be selected for a virtual concert of Festival 2021 highlights.

The syllabus will be available on the website from 1st January 2021.

Enter at: www.reigate-redhillmusicfest.org.uk



THE WALLINGTON WEEK

ENRICHMENT

The Newnham College, Cambridge Modern and Medieval Languages Essay Prize 2020-21

- **Who?** Open to all girls currently in Year 12
- **What?** An essay in English (1500 -2000 words) in response to an extract from the beginning of Italo Calvino's *If on a winter's night a traveller* (1981), translated by William Weaver (2007). Good essays will present a clear argument using specific examples, but beyond this many different approaches are welcome.
- **How?** Entrants should contact Mrs Hopgood, Director of Languages for full details of the task.
- **When?** The deadline for receipt is 12pm on Wednesday 10th March 2021
- **The Prize?** A first prize of £400, a second prize of £200, and third prize of £100.



Quick but easy breakfast ideas

(great for those who want to try something a little different but struggle getting up early enough)

Pancakes (serves 6)

INGREDIENTS:

- 100g plain flour
- 2 large eggs
- 300ml milk
- 1tbsp vegetable oil

METHOD:

- Put all the ingredients mentioned above in a bowl and whisk together until the batter becomes smooth
- Set a medium frying pan over a medium heat flame. Add a little oil to the pan if it is non-stick proof
- Add the batter to the pan making sure it covers the whole pan. If you prefer thicker pancakes add more batter if not add less
- Cook for 1 minute on each side
- **OPTIONAL**- add berries/chocolate spread on the inside or outside/maple syrup/icing sugar



Cheesy scrambled egg croissants (serves 4)

INGREDIENTS:

- 8 large eggs
- 100g grated cheddar cheese
- Splash of milk
- Small bunch of chives (snipped)
- 4 large croissants

METHOD:

- In a bowl whisk the eggs, cheddar, milk and your preferred seasoning.
- Once whisked pour into a saucepan and heat gently stirring continuously until softly scrambled
- Stir in the chives
- Warm up the croissants (if you prefer to have them warm)
- Split the croissants open and put the scrambled eggs inside

