



# Wallington High School *For Girls*

FRIDAY 7TH  
MAY 2021

HEIRS OF THE PAST, MAKERS OF THE FUTURE

## THE WALLINGTON WEEK

### MESSAGE FROM THE HEAD TEACHER

Dear Parents and Carers

I trust that everyone had an enjoyable Bank Holiday weekend.

In the last edition of the Wally Week, we introduced our new Senior Prefect Team. In this week's edition, each member of the Senior Prefect Team has written a short piece, introducing themselves and providing more information about their roles and what they are looking to achieve. They have all quickly settled into their new roles and have already started work on organising events as well as ideas and initiatives to further support students. This includes the various fund-raising events that are currently taking place to help raise funds for Action Aid in response to the current crisis in India.

Next week students in Year 11 and Year 13 begin their final assessments as part of the determination of this year's GCSE and A level grades. As this is their final week before study leave, Year 13 have enjoyed dressing up to raise money for charity, with different themes for each day including 'Decades', 'Movies' and 'Stereotypes'. Following their assessments, we will be celebrating their time at school with them and wishing them well at our Leavers' Celebration afternoon after half-term. We will also be celebrating all of Year 11's commitment and hard work for their GCSEs at their Celebration Event, also after half-term.

As Year 11 and 13 will be on study leave from next week, and following discussions with students, we have decided to make some changes to our lunchtime arrangements so that more year groups can have access to the main canteen. From Next Monday, Year 10 will be able to use the canteen at lunchtime instead of the servery located in the quad. Currently Year 7 have access to the Main canteen at lunchtimes, however from Monday 17<sup>th</sup> May, we will be alternating this on a weekly basis with Year 8, so that one year group will have access to the canteen for a week whilst the other year group will have access to the servery in the quad. This will then swap for the following week and so on. Arrangements for break remain unaffected.

On Covid related news, students were issued with new home testing kits last Friday – each kit containing seven separate tests. A reminder that students should still be testing twice a week (on Sundays and Wednesdays) and reporting the results to the school. If any students have not

picked up a test kit then they can do so from school reception.

And finally, last month the Children's Commissioner, Dame Rachel de Souza, launched [The Big Ask](#) – the largest ever survey of children in England. It asks all children about their priorities and concerns for the future, so that we can put children at the heart of the national recovery post-COVID-19. We have shared this with students and have encouraged them to take part but I thought parents/carers would like to be aware so you can encourage your daughter(s) to take part as well. The deadline for completing the survey is Friday 28 May.

Have a great weekend.

**Mr R. V. Booth**

### Key Dates

Y11 & 13 Summer Assessments	10 <sup>th</sup> May – 28 <sup>th</sup> May
Non-Uniform Day	10 <sup>th</sup> May
Y12 Personal Statement Day	17 <sup>th</sup> May
GCSE Recital	7pm-8.30pm 18 <sup>th</sup> May
Half-term	31 <sup>st</sup> May – 4 <sup>th</sup> June

### Online Safety

Many thanks to all those who attended the Online Safety webinar. The evening was most informative and helpful, delivered by the borough's E-Safety Advisor Steve Welding. The slides from this event can be found below and also on our [online safety page](#).

We would suggest that even if you were unable to attend the event that you find some time to for through the presentation.

<https://www.wallingtongirls.org.uk/news/?pid=3&nid=1&storyid=48>

# THE WALLINGTON WEEK

## Mobile phones



Students have been reminded that for Years 7-10;

- **Phones are not to be seen whilst on school premises unless they are directed by a teacher to use them for learning purposes within a lesson.**
- **Only Years 11 – 13 can use their devices at**

break/lunch times and before/after lesson hours. They may use them in classrooms, the Hall, the top field; and at all times in the library, Sixth Form study area and Sixth Form common room.

It is still the case that no photography or filming is allowed without express permission of a member of staff.

The Bring Your Own device policy is in the student planner on page 15 and parents/ carers are asked to discuss this with your daughter. This is being discussed in form times with tutors as well. The rationale behind our policy is that for safeguarding reasons and to ensure the best wellbeing for all of our students, we ask them to socialise with one another in a safe way and enjoy one another's company without the need for a device. Thanks for your support in ensuring students are still aware of this policy.

## YOUNG CARERS

Recently it was the national #YoungCarersActionDay, a day in which Sutton's Young Carers Service, and Sutton's communities, took the opportunity to once again highlight the contributions that Young Carers make to their families and communities – as well as the challenges that Children & Young People with caring roles face in their daily lives.

### Did you know?

There are around seven million Carers in the UK – that is one in ten people.

In an average secondary school in Britain; this means that there is likely to be around 80 students who are young carers.

1 in 3 young carers spend between 11-20 hours a week caring

39% of young carers in London state that nobody in their school was aware of their caring role.

[A day in the life of a young carer - BBC London - Bing video](#)

A young carer is:

'a person under 18 who provides or intends to provide care for another person (of any age) A family member they care for may be physically or mentally ill, disabled or misuse substances.'

### Who needs a young carer?

Sibling care – acting for a parent involving tasks such as putting to bed, walking to school, cooking meals,

Interpretation – For hearing, speech impairment or language barriers

Administering medicine – Insulin injections, oxygen therapy or preparing daily tablets

## Who helps Young Carers?

We would like to identify more young carers in our school to ensure our students receive the support they may need – inside and outside of school. If you are a young carer – please complete this short survey and we will contact you. [Identifying Young Carers within Wallington High School for Girls \(office.com\)](#)



**YOUNG MINDS**  
The voice for young people's mental health and wellbeing

The  
Children's  
Society

# Wallington High School *For Girls*



**HEIRS OF THE PAST, MAKERS OF THE FUTURE**

## Introducing the Senior Prefect Team



### **Head Girl - Winnie**

Hi! My name is Winnie and I'm one of your new Head Girls! I study Maths, Economics, History and Spanish but outside of school I love to let loose by knitting! (You may have actually seen me wearing one of my projects) As Head Girl, I hope to bring the different years together whilst highlighting the kind acts that we as a student body perform every day. Please feel free to stop me for a chat, be it about studies, Netflix or even tips for perfecting your purl stitch!



### **Head Girl - Simran**

Hello! I'm Simran and I am your Head Girl! I am currently studying Maths, Further Maths, Physics and Chemistry for A-Levels. As Head Girl, my role allows me to act as a true representative of the student body and I am determined to offer students with encouragement and the tools they need to excel in whatever they put their mind to! I know school comes with the stress of exams, friendship drama and many more problems, which can be extremely overwhelming, but I hope I can be someone to turn to for help and support. I am excited to work with all of you and hear your amazing suggestions so that we can make this school a better place!



### **Deputy Head Girl (Year 7 - new cohort) - Lily**

I'm Lily and I'll be Senior Prefect for the Year 7's joining us in September. I aim to use my role, not only to bring the lower school and upper school closer together, but also to set Year 7 students up for their high school journeys. I believe that form prefects can play a significant role in this- visiting students in form times, essentially being a friendly face that they can confide in. Perhaps social events, (not just induction days and open days/evenings) like BBQs, could aid in the transition from primary school to Wallington Girls. Being an external student myself, having joined sixth form in September 2020, I am familiar with that feeling of dread, wondering whether you'll fit in. Yet, I felt like I belonged in our Wallington Girls sisterhood in no time, and I hope that the Year 7's will feel the same!



### **Deputy Head Girl (Year 7 to 8) - Abigail**

Hi! I'm Abi and I'm so excited to be the deputy head girl of current Year 7s going through to Year 8. I hope to be a friendly face that you can come to whenever you need it. Right now, I'm studying Politics, Psychology and French. I love to knit and, being a Harry Styles fan, me and my nan knitted his cardigan together over lockdown! I also love to read and my happy place is the huge Waterstones in Piccadilly. When we can all see each other again, please do stop me whenever you want a chat, I promise I don't bite! I can't wait to meet you all and I would love to hear any suggestions you have to make your school year the best it can be.



# THE WALLINGTON WEEK



## Deputy Head Girl (Year 8 to 9) - Isabella

I'm Isabella and I am year prefect for the current year 8s, who I will stay with through to year 9. I am currently studying History, Spanish and Psychology for A Level and loving History is somewhat of a personality trait of mine! You may feel a little overwhelmed with your academics as a result of the lack of face-to-face teaching you have had since year 7, but this is absolutely nothing to be worried about and I will be working alongside you and your teachers to combat this. Lastly, the pandemic has had a huge impact on mental health and I aim to identify the main issues that you are facing, to be able to do all that I can to resolve them whilst increasing support, education and awareness on mental health problems. If you see me around please say hi, I am incredibly excited to meet you all!



## Deputy Head Girl (Year 9 to 10) – Shathana

Hi I'm Shathana and I'm the Year 10 Senior perfect. I'm studying Biology, Chemistry and Psychology, you'll often find me chasing Teddy around the school. The following year will bring great academic success as well as new opportunities for you. Having been where you are, I'd like to be your port of call and a means to bridge the gap between students and teachers. Please don't hesitate to have a chat if you see me around. I'm super excited to meet and get to know you all!



## Deputy Head Girl (Year 10 to 11) – Mofiyin

Hi everyone, my name is Mofiyin (Coffee with an M), I am your year 11 Senior prefect here to prepare and support you with upcoming exams and an honest exposure to the real world. I am currently studying Mathematics, Physics and Computer Science. As a gender equality and STEM activist I hope to use my passions as anchors to connect with you all. If you see me around school, I am always happy to provide a listening ear...as long as I am fed :)!



## Deputy Head Girl (EDI) – Sajini

Hi I'm Sajini and I'm one of your Equality, Diversity and Inclusivity Prefects! I study History, Maths and Chemistry and a fun fact about me is I have been a Bharatanatyam dancer since the age of 3! I am looking forward to making our school more inclusive with more events celebrating all the different cultures in our school. If any of you ever have any ideas for how we can improve the diversity or just about anything (even a new Netflix show to watch) then please do get in touch or just stop me in the corridors, I'm really not that scary :)



## Deputy Head Girl (EDI) – Denise

Hi all, I'm Denise and I'm your Equality, Diversity, and Inclusivity Prefect. I study politics, philosophy and sociology. As chair of the Merton Youth Parliament, I am confident in vocalising issues for young people so feel free to address any concerns! As the EDI deputy head, I plan to work hard to ensure that everyone knows Wally Girls is a place for innovation and success regardless of your socio-economic background. Sajini and I will be working hard to plan events, spread awareness on important issues and mostly have fun in this new role!



# THE WALLINGTON WEEK



## **Deputy Head Girl (Charity) - Sophia**

Hi everyone, I'm Sophia, your Senior Prefect for Charity. I study Biology, Chemistry, Maths and Physics (yes, I'm a massive STEM enthusiast.) You'll probably find me getting involved with all sorts of school events- feel free to talk to me whether it be about an idea you have or the latest show on Netflix. As an advocate for education for all children, I hope to raise awareness about this and other difficult issues happening in our world. I'm really passionate about addressing the issues that YOU care about, and I genuinely think that together we can make a real difference. There are lots of exciting activities in the pipeline, so I'll be meeting all of you very soon!



## **Deputy Head Girl (Charity) - Fatima**

Hi! My name's Fatima and I'm your Senior Prefect for Charity, I study Economics, English Literature and Philosophy. I love reading, if you have any fiction-book recommendations, send them through- and as a hobby I also write novels and poetry. (Hoping by next year to have officially published my poetry book!) I can't wait to get involved with everyone helping charities by collaborating on events and being active about what is happening around the world. I can't wait to meet you all and be outspoken activists for the future together!



## **Deputy Head Girl (Community) - Jessica**

Hi, my name is Jessica and I am your Community Prefect! I study French, Psychology and English Literature and would best describe myself as resilient. As your Community Prefect, I hope to strengthen the bonds within our school community by promoting more inter-house and inter-year activities. I will also use my previous experience as a House Leader for Seacole (which some of you may remember!) to inspire your current House Leaders and advise them of the best ways to encourage school spirit and unity. I look forward to taking on board your suggestions and hosting activities that you will love!



## **Deputy Head Girl (Community) - Amarachi**

Hi everyone! My name's Ama, and I'm one of the community prefects! A little bit about me, I'm currently doing the "fun" combination of Chemistry, Biology and Maths for my A-levels, and when I'm not crying over quadratics, I'm baking, thinking about baking, or eating something I've just baked. Some of you may also know me as a former house leader for Pankhurst which was something I enjoyed a lot, and as senior prefect I'm ready to put in twice as much work! I hope during my time on the senior prefect team I can bring our school together, using innovative and engaging activities that everyone can take part in! I can't wait to leave an impact, and I'm open to talking to anyone who has ideas or any questions, or if you just want to say hi. Hopefully I'll see some of you around school!



## **Deputy Head Girl (Curriculum) - Zuleykha**

Hi everyone! My name is Zuley and I study English Literature, Spanish and Psychology and honestly most of my hobbies lie within the academic area. I love debating really deep philosophical or moral issues in my day-to-day, which may sound intense but it's honestly so stimulating and relaxing. I suppose this passion suits my role as Curriculum Prefect, because with this, I aim to improve your attitudes to learning by making it my priority to help students find \*their\* passion within any subject and encourage extra reading in a way which is exam-free, stress-free and essentially really fun! Let's explore each other's differences and celebrate academic achievement together!

# THE WALLINGTON WEEK

## **Deputy Head Girl (Curriculum) - Zubia**



Hi guys, my name's Zubia and I'm one of your curriculum prefects! I study Maths, Further Maths, Physics and Product Design. Some of you may know me as one of the editors from the Eureka! magazine. I hope to help you all in your studies, both what you learn in lessons and what you do outside, my myriad of extracurricular involvement hopefully reassures you of my passion! Our aim is to promote learning to extend your knowledge, rather than just memorising facts you need for exams. Plus, we'd like for you guys to be able to explore areas in your subjects which you enjoy to improve your overall understanding. We hope to create a friendly and engaging working environment and are looking forward to hearing from you!

## **Deputy Head Girl (Events & marketing) - Jessica**



Hey guys, my name is Jessica and I'm your Events and Marketing Prefect but some of you may know me as the former house leader for Curie. I study History, Economics & Maths and in a nutshell, I am best known for being a smiler. I look forward to helping you guys get involved in more events that engage in your interests and give you the freedom to really explore school outside the curriculum. So don't be surprised when you see myself and Olivia popping in and out of your classrooms. We are really striving to hold events that will give you a school experience that is both memorable and exhilarating. As someone who constantly gets stuck in school life, whether that be from the London Youth Games to water rocket competitions, I recognise how important it is to keep you guys engaged and encouraged to participate in opportunities that, as cliché as it sounds, may genuinely not be available again. I am so excited to share all the brilliant things you guys have achieved both on social media and in person, to maintain that school spirit!

## **Deputy Head Girl (Events & marketing) - Olivia**



My name is Olivia and I am one of the prefects for events and marketing. My role is to take responsibility for all school events that occur throughout the year and to make sure they are planned and executed to the best of our abilities. My prefect position allows me to use the planning and management skills that I have progressed throughout my years at WHSG, for the betterment of the school - which I think is such a blessing in itself. In addition to organising events, I will also play a role in the marketing of our school. One of my main jobs will be to run the sixth form Twitter page along with my partner. It is a platform where we can express the vibrancy and liveliness of the school and market our school in a genuine and special way.



# THE WALLINGTON WEEK

## Library Information

Students will have started getting reminders that their library books are due back. To return books please put them in the book return box outside the library building. If you would like to renew a book please email Mrs Murphy.

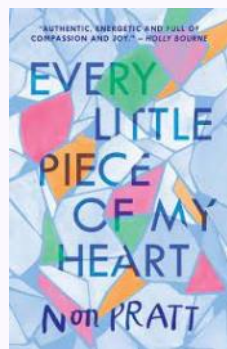
Any students who have books from before the first lock down will receive emails from Mrs Murphy. These books need to be returned via the return box if you have lost the book please email Mrs Murphy.

Unfortunately the library is unlikely to be open before September, but there are still lots of ways you can access books to read for pleasure.

1) Year 7-8 have been provided with mini book trollies in their classrooms. These have been stocked with a selection of brand new books and are maintained by student librarians.

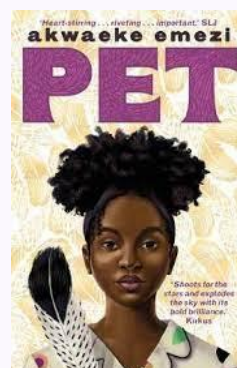
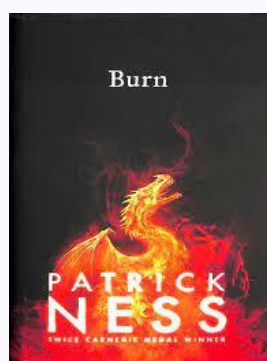
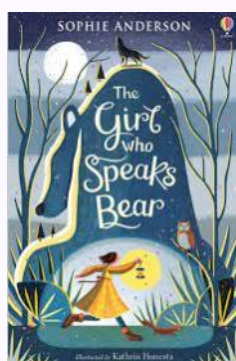
2) Year 7-8 can read via our e-library [Wallington High School for Girls - Wallington High School for Girls \(eplatform.co\)](https://www.wallingtonhighschool.co.uk/e-library/)

There is a great selection of YA books that students can borrow just like a physical library. Check out some of these new releases:



3) Year 8- 13 can access books via Sora. To log in all you need is your network log in details (the same you use for email). [Sora - Explore \(soraapp.com\)](https://soraapp.com)

Check out some of the 2021 Carnegie longlist that include:



4) Public libraries are open again and have a great range of YA fiction.

Mrs Murphy



follow us on  
twitter

<https://twitter.com/GirlsWallington>

# THE WALLINGTON WEEK



Mental Health  
Awareness Week  
10-16 May 2021

Whatever it is for you, we invite you to **#ConnectWithNature** and share what this means for you.

During Mental Health Awareness Week, we are asking you to do three things:

- **Experience nature:** take time to recognise and grow your connection with nature during the week. Take a moment to notice and celebrate nature in your daily life. You might be surprised by what you notice!
- **Share nature:** Take a photo, video or sound recording and share the connections you've made during the week, to inspire others. Join the discussion on how you're connecting with nature by using the hashtags **#ConnectWithNature** **#MentalHealthAwarenessWeek**
- **Talk about nature:** use our tips, school packs, research and policy guides to discuss in your family, school, workplace and community how you can help encourage people to find new ways to connect with nature in your local environment.

For more information about this year's Mental Health Awareness Week visit [mentalhealth.org.uk/mhaw](https://www.mentalhealth.org.uk/mhaw).



#ConnectWithNature  
#MentalHealthAwarenessWeek

We have uploaded some more MHA Week 2021 resources on our school website:

<https://www.wallingtongirls.sutton.sch.uk/page/?title=Student+Resources&pid=44&action=saved>



## Competition Time!

- **Experience nature:** take time to recognise and grow your connection with nature during the week. Take a moment to notice and celebrate nature in your daily life. You might be surprised by what you notice!
- **Share nature:** Take a photo, video or sound recording and share the connections you've made during the week, to inspire others.

Send your nature photos to **Mrs Wadsworth via email** – There will be 3 winners per Year group and an overall Winner.

**Prize?** House points, Chocolate and fame in the Wallington Week!



# THE WALLINGTON WEEK



Mental Health  
Foundation



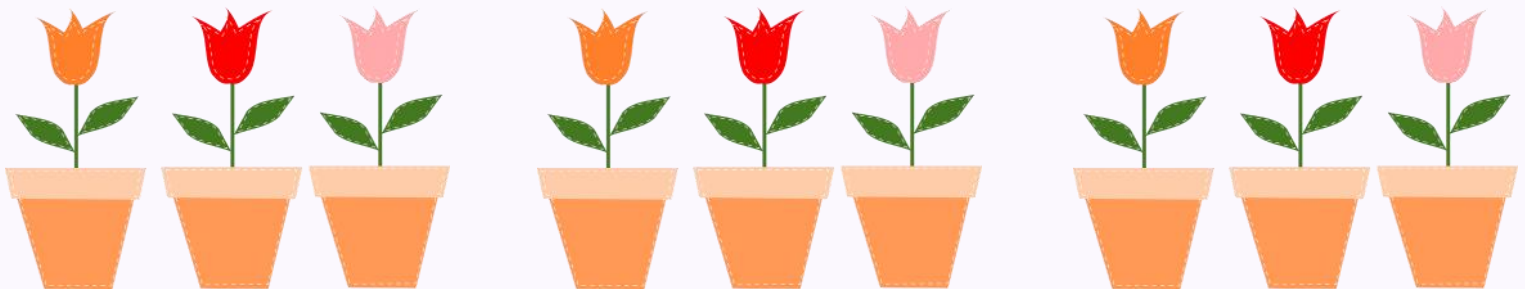
Mental Health  
Awareness Week  
10-16 May 2021



## Plant a tulip and seed a conversation

The theme for this year's event is 'nature' – something fitting, after a year where we've seen more of our four walls in our homes than the four seasons. As we enter spring and the nation eases out of lockdown, we're inviting you to reconnect with nature and the environment. But we're mindful that everyone will be in a different place of comfort, so we're asking you to do this in a way that works for you.

We've teamed up with award-winning artist [Paul Cummins MBE](#) on a campaign to spring into action! The tulip has a colourful past. Having withstood a virus, it flourished brightly against all odds and flowers each spring. Quite simply, the tulip is a timely emblem of hope and rebirth through adversity.



## What ideas could I try in nature?

- **Create a growing space.** If you don't have access to a garden, you could plant salad leaves or herbs in a window box or plant pot.
- **Plant vegetables in your garden.** (The [Carry on Gardening](#) and [Thrive](#) websites have information to help you get started.)
- **Go fruit picking.** Look for local farms or orchards that let you pick fruit to buy.
- **Buy flowers or potted plants for your home.**
- **Collect natural materials,** for example leaves, flowers, feathers, tree bark or seeds – use them to decorate your living space or in art projects.
- **Arrange a comfortable space to sit,** for example by a window where you can look out over a view of trees or the sky.
- **Take photos of your favourite places in nature.** Use them as backgrounds on a mobile phone or computer screen, or print and put them up on your walls.
- **Listen to natural sounds,** like recordings or apps that play birdsong, ocean waves or rainfall.

# THE WALLINGTON WEEK

## The Year 12 Islamic Society

This week, to celebrate Ramadan, we decided to make care packages containing food, water and tissues. We plan to distribute these to local food banks in Croydon and Tooting.

Ramadan is the month of fasting, so we thought it would be good to share some food with those who find it difficult to get these resources. If you are reading this, why not give back to the community? Donate some food and clothes to those who struggle everyday. The Wallington Girls Islamic Society has big plans for the younger years so keep your eyes out.

Yusra and Fatima



## HOUSE ACTIVITY WINNER



CONGRATULATIONS to Meera in 8 Athena who was the winner of the Easter Egg decorating competition from the end of term house activity.

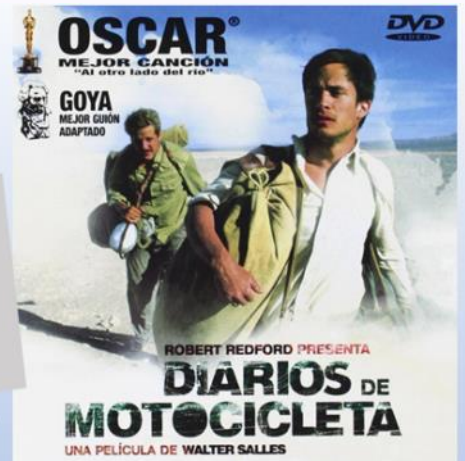


This is her winning entry:





# THE WALLINGTON WEEK



## SPANISH AND LATIN AMERICAN FILM CLUB

(you don't need to do Spanish to attend, just need to be in Year 12)



**When:** Fridays  
**Where:** F12  
**Year group:** 12  
**Time:** 14.50



# Astronomy Club!

Calling all year 10s !

Are you truly intrigued by the vastness of our universe?  
Would you like to find out more about it?  
Well we have a solution for you! Attend our new lunchtime astronomy club.  
We will look at everything from galaxies to aliens!!!  
Come and join us as we explore the beauty of the universe!

If you have any questions please email -  
Maahi(10Ath) - mgandhi17@wallingtongirls.org.uk  
Sophie(10Cur) - sdowse17@wallingtongirls.org.uk  
Piya(10Cur) - prajan17@wallingtongirls.org.uk

On Monday lunchtimes on a week B and  
Tuesday lunchtimes on a week A!  
Both in the DT block !!





# THE WALLINGTON WEEK

## WHAT IS

# UNITEES

Unitees is a creative competition that invites 14-18 year old students to express what unity means to them by designing their own unity-themed T-shirt.

“We have created Unitees to invite young people, as the leaders of tomorrow, to add their powerful voices to this call.”

MIKE HAINES, FOUNDER OF GLOBAL ACTS OF UNITY

## ABOUT THE COMPETITION

Use GAU's online tool to design a T-shirt on the theme of unity.

Express your ideas in a way that's true to you.

Write 150-250 words explaining your design and how it represents what unity means to you. This should be included in your submission.

## COMPETITION GUIDELINES

- Your T-shirt design can be mainly words-based or image-based, but must include at least some text
- You must also submit 150-250 words explaining your design and how it represents what unity means to you
- You may even be inspired by someone else's song, rap or poem
- You can create your design using our printed template or the online tool hosted on GAU's website
- Please do not include any personal information on your T-shirt or within your supporting explanation



## PRIZES

### THE WINNER

gets £500 worth of supplies for their school and £100 in vouchers towards their studies.

### THREE RUNNERS UP

each get £100 worth of supplies for their school and £50 in vouchers towards their studies.

### THE WINNER, RUNNERS UP AND 25 SHORTLISTED ENTRIES

will get their T-shirts made!

The winner will be chosen by a group of judges and will get to meet Mike himself.

## HOW TO SUBMIT

Visit: [globalactsofunity.com/unitees](https://globalactsofunity.com/unitees)



Opening  
16 APRIL 2021

Closing  
18 JUNE 2021

## WHAT DOES UNITY MEAN TO YOU?

MIKE HAINES  
GLOBAL  
ACTS OF  
UNITY

### CAN YOU SHOW IT ON A T-SHIRT?

Design a unity-themed T-shirt using our online tool to win prizes for you and your school.

### THE WINNER

Gets £500 worth of supplies for their school and £100 in vouchers towards their studies.

COMPETITION CLOSING  
18TH JUNE 2021



SCAN TO TAKE PART

For more information on Global Acts of Unity, please visit our social channels



# UNITEES

DOWNLOAD THE T-SHIRT TEMPLATE HERE:

<https://unitees.globalactsofunity.com/classroom-resources/>



# THE WALLINGTON WEEK

## Enrichment

Hands up who is looking forward to the summer months? We are - because the plans for Summer Enrichment Week, 12-15<sup>th</sup> July, have been finalised!. You will be receiving communications in the next few days, including details on costs. In the meantime the below table gives students in year 7-10 something to get excited about.

Year group	Physical Day	Educational trip	In School day
Year 7	PGL outward bound day	Visit to Charles Darwin House	Science Day
Year 8	Day of the water at Thorpe Lakes	Visit to Jane Austen House and undertake some creative writing	WHSG Escape Room and Art session
Year 9	Orienteering day	English/Drama Workshops at the globe	South Africa Day
Year 10	Go Ape and outdoor escape room at Battersea Park	Giving Back - Volunteering in the Community	WHSG Dragons Den



Ramadan also ends on between 12<sup>th</sup> - 13<sup>th</sup> May in 2021 making it an even more auspicious day. While the celebration comes around a month after the beginning of Ramadan, the date also depends on the sighting of the crescent moon. The moon will not be visible at the same time across the world, so countries will celebrate the occasion over two days.

How is Eid al-Fitr celebrated?

Eid celebrations will begin with prayers at dawn, which usually take place at a mosque, although lockdown restrictions may impact the number of people allowed in a place of worship. The holy day is heavily focused on family and friends, with many in the community meeting up to share food and stories. People perform Zakat al-fitr, and give to the poor – be it donating money, food or time. In a complete opposite to Ramadan, it is forbidden to fast during Eid-al-Fitr. The festival will generally be celebrated with meals with communities, and it is sometimes referred to as the Sugar Feast, as many will indulge in some sweet treats after their fasting. Eid al-Fitr is a time when presents are given, new clothes are worn, and the graves of relatives may be visited.

Europe's biggest Eid celebration, Eid in the Park, which takes place in Birmingham, has already been cancelled as it does not comply with Covid rules. However smaller celebrations will continue across the UK.

Eid Al Fitr celebrates the end of the month long period of Ramadan, observing fast during daylight hours, as a means of celebrating and reflecting on their faith. During Ramadan there is an increased offering of the Salat, with Muslims giving thanks to Allah and reflecting on their lives. Beyond fasting, Muslims are also encouraged to read the Quran, with the holy text recited at the Tarawih, special nightly prayers held throughout the month.

Fasting during Ramadan is one of the five pillars of Islam – the fundamental rules all Muslims follow – along with the Shahadah (declaration of faith), Salat (prayer), Zakat (charity) and the Hajj pilgrimage.

We would love to see any pictures of your celebrations with friends and family this year. Please send any pictures you are happy to share to [enrichment@wallingtongirls.org.uk](mailto:enrichment@wallingtongirls.org.uk)



## Enrichment

### Screen –Free Week

We received these amazing pictures from students who took part in a screen free day on the bank holiday Monday. Shazia in 8 Pankhurst made these wonderful sugar cookies with her mum and sister in preparation for Eid.

Jessica in 7Athena took part by playing board games with her family and sent in this picture of her completed scrabble board.

Well done to everyone who took part and please do keep sending your pictures in!



# THE WALLINGTON WEEK

## Enrichment



This week also hosts the International Nurses Day on the 12<sup>th</sup> May 2021. This date is particularly poignant after the year we have all experienced and the ongoing worldwide pandemic. Nursing staff working through the pandemic have shattered the stereotypes of nursing. The world has seen first-hand the fundamental role nursing plays in patient safety.

If you have any nurses as family or friends, it would be lovely to use this day to show how much you appreciate them and the work they do. Great creative and find a way to show them via social media, a physical gesture such as a hand made gift or card. A hand made gift or card means so much more due to the personal effort that has gone into its creation.

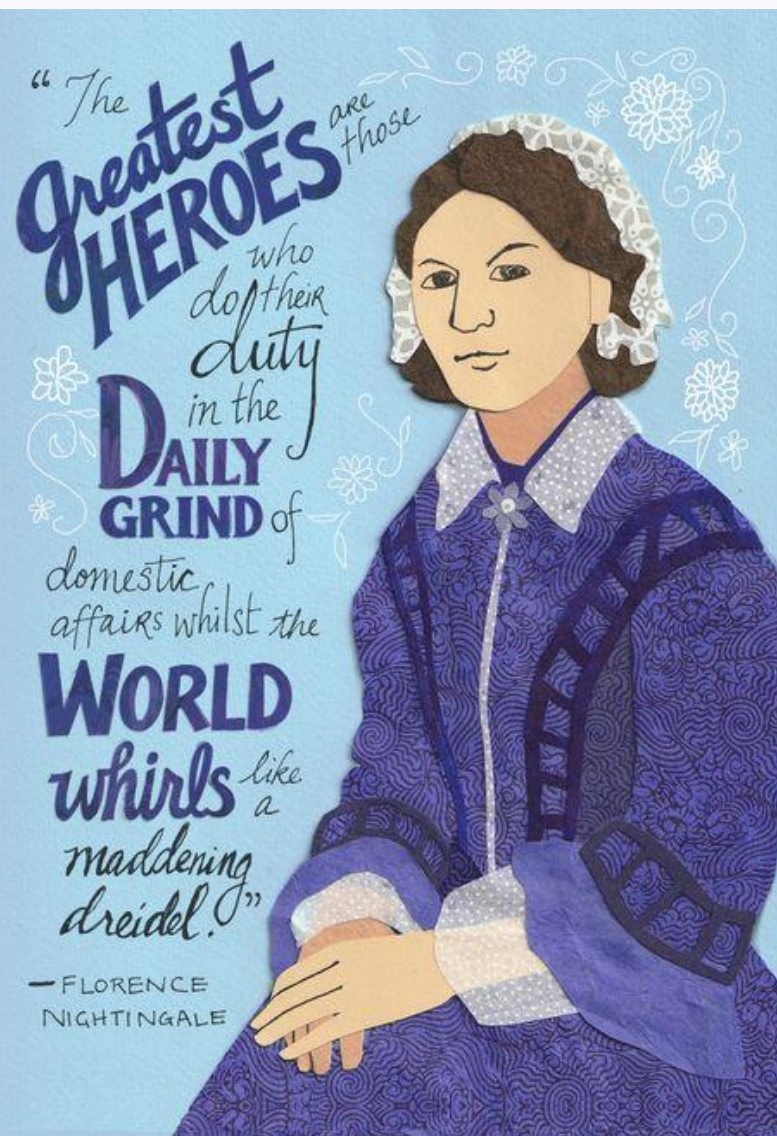
If you would like to say a personal thankyou via our school communications, let us know on [enrichment@wallingtongirls.org.uk](mailto:enrichment@wallingtongirls.org.uk) and we can publish your dedications next week.

**Why 12<sup>th</sup> May? International Nurses Day is held on the 12<sup>th</sup> May to coincide with the birth date of Florence Nightingale, known as the founder of nursing; one of the most influential and well known nurses in History.**

Born in 1820, She was named after the place where she was born, Florence in Italy. At the time Florence was born, girls were not usually well educated.

However, her father thought it was important that all girls had a good education and taught her subjects like mathematics, science and history. Florence Nightingale became nurse and she saved the lives of many soldiers during the Crimean War (1854-56). She was dedicated to her profession and she worked hard day and night and became known as the Lady with the Lamp as she carried a lamp to check on her patients throughout the night. After the war, she set up the Nightingale School of Nursing, which aimed to formalise the education of nurses and wrote the first of her many books, Notes of Nursing. As a Social Reformer and Nurse she pushed for many improvements in hospitals including better food, improved cleanliness and more nurses to provide care for patients. All factors she has learned during the war that could kill many more people than the injuries themselves.

She met Queen Victoria in 1883 when she was awarded the Royal Red Cross medal. She was also the first-ever woman to be accepted into the Royal Statistical Society in 1959 honouring the pioneering way she reported her medical findings. King Edward VII gave Florence a special award called the Order of Merit in 1907. She was the first women to receive this award and she changed the way that women were seen in the workplace.



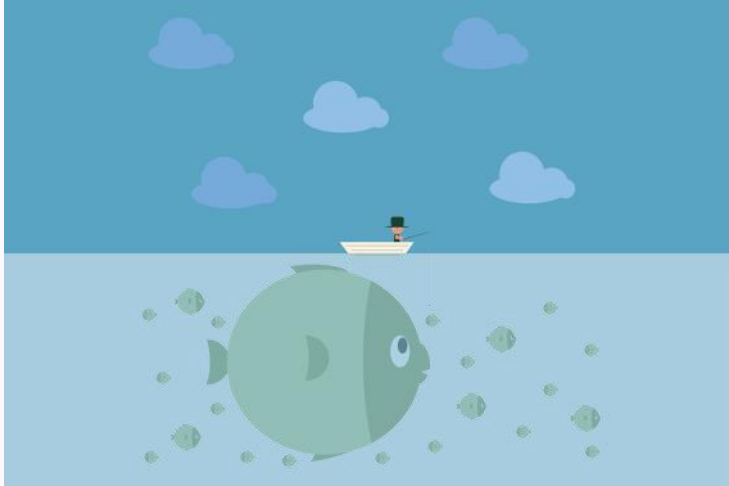


# THE WALLINGTON WEEK

## Enrichment

### Did you know?

No matter where you might be in England, you are only ever around 70 miles away from the sea, maximum, at any one time. We do like to be beside the seaside!



### Do you know the name Mary Wollstonecraft?

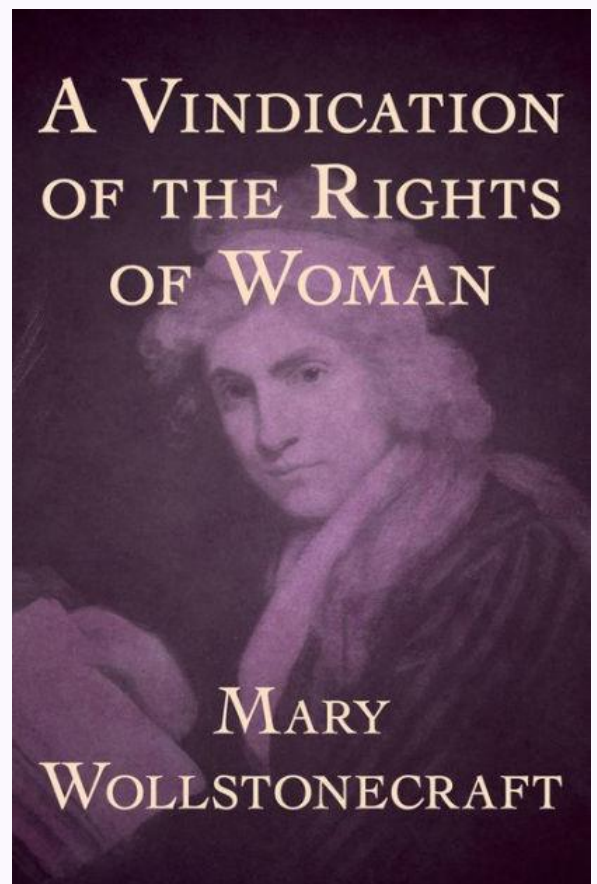
She was born in late April 1759 in London, was English writer and passionate advocate of educational and social equality for women. She outlined her beliefs in *A Vindication of the Rights of Woman* (1792), considered a classic of feminism as it calls for women and men to be educated equally. However her work was overshadowed by her lifestyle for 100 years.

*A Vindication of the Rights of Woman* is one of the trailblazing works of feminism. Wollstonecraft's work argued that the educational system of her time deliberately trained women to be frivolous and incapable. She posited that an educational system that allowed girls the same advantages as boys would result in women who would be not only exceptional wives and mothers but also capable workers in many professions. Other early feminists had made similar pleas for improved education for women, but Wollstonecraft's work was unique in suggesting that the betterment of women's status be affected through such political change as the radical reform of national educational systems. Such change, she

concluded, would benefit all society.

The publication of *Vindication* caused considerable controversy but failed to bring about any immediate reforms. However it was resurrected in the mid 20<sup>th</sup> century and influenced many women's rights pioneers in that time.

She died, aged 38, 11 days after giving birth to her second daughter, Mary Shelley, who would become an accomplished writer and author of *Frankenstein!*.



# THE WALLINGTON WEEK

## ONLINE SAFETY

### TIPS FOR STUDENTS

## DIGITAL CITIZENSHIP AND INTERNET SAFETY

**1 LAWS** Many sites and web tools are 13+. Most images and work online are protected by copyright.



**2 TALK** Tell your parents what you're doing online. Always ask a trusted adult if you're unsure of anything.



**3 FRIENDS** Don't add or meet online friends without parent permission. Don't trust everything friends tell you.



**4 PRIVACY** Keep personal info private: **Y**our full name, **A**ddress, **P**hone number, **P**asswords, **Y**our plans and birthday.



**5 REPUTATION** Don't post anything you wouldn't want teachers, family, friends, and future employers to see.



**6 QUESTION** You can't believe everything you read and see online. There's a lot of incorrect and biased info.



**7 BULLYING** Tell someone if you think cyberbullying is happening to you or other people you know.



**8 ACCOUNTS** Choose sensible email addresses and usernames. Use strong passwords and don't share them with others.



**9 MANNERS** Be polite and respectful at all times. Treat others online how you'd like to be treated.



**10 UNPLUG** Balance your screen time and green time. Get outdoors, move, play, and interact face to face.



If in doubt, **think** about and **talk** it out