



Wallington High School *For Girls*

FRIDAY 8TH
JANUARY 2021

HEIRS OF THE PAST, MAKERS OF THE FUTURE

THE WALLINGTON WEEK

MESSAGE FROM THE HEAD TEACHER

Dear Parents and Carers,

Let me start by wishing you all a happy and safe New Year. So once again, following the announcement by the Prime Minister last Monday, we find ourselves in lockdown with students now instructed to stay at home and engage with remote education. The school is still open for vulnerable children and for children of key workers and a reminder that if you are classified as a key worker and would like your child in school to access remote learning, then please email info@wallingtongirls.org.uk.

Further information about our remote learning provision has been sent out this morning to all parents and carers by Mr Donnelly (Assistant Head) and students should continue to follow the school timetable for lessons which includes a tutor period at the beginning of the day on Mondays and Fridays.

In order to provide further support with remote learning, we will include a regular section in the Wally Week that highlights various guidance and additional resources that are available to parents and carers to access. Please do inform us if your child is struggling to engage with remote learning or you have difficulties with your Wi-Fi or accessing a laptop.

During the school closure, Form Tutors, Head of Year and the Pastoral Team will still be able to provide pastoral support to students and should be the first point of contact for concerns. Please also remember that, if your child is unwell and unable to engage in remote learning, to report the absence in the usual way. If it is Covid related, please use the email address covid@wallingtongirls.org.uk to report. We will continue to send out the student bulletin each week as well as the Wally Week.

Thank you to everyone that offered to help with our mass testing programme which, following the move to a national lockdown, we have put on hold for now.

Finally, it is worth remembering over the coming weeks that 'This too will pass' and I am reminded of the line that the poet Seamus Heaney once wrote "If we winter this one out, we can summer anywhere".

Many thanks for your continued support and understanding in such a difficult situation – it is hugely appreciated by everyone here.

Kind regards

MR R. BOOTH

Reminders for Remote Education

- Cameras should be on during remote lessons.
- Where possible the MS Teams desktop app should be used instead of the web app.
- Students should not use their email address to log in to MS Teams sessions.
- When joining MS Teams students must use their real name, for safeguarding purposes unrecognised names will not be let into the session.

Mr J. Donnelly



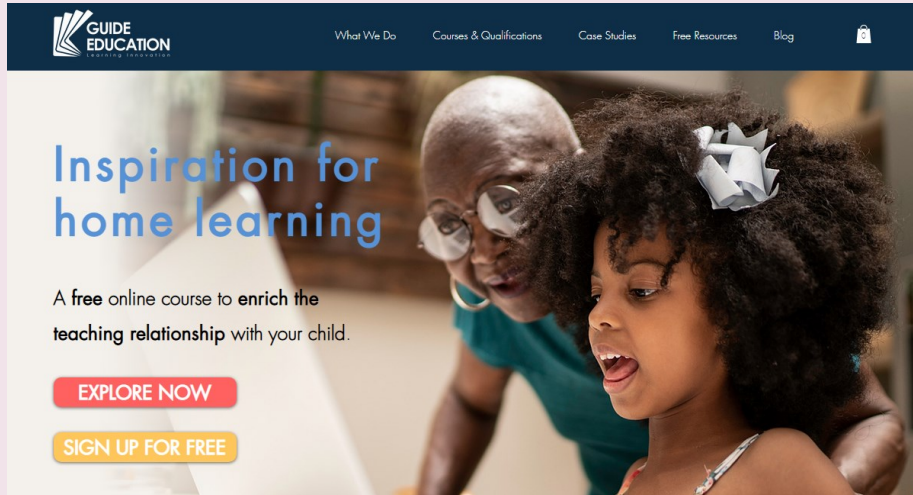
Well done to Saffa for her New Year design,
submitted for the
Year 8 Christmas card competition.



THE WALLINGTON WEEK

REMOTE LEARNING RESOURCES

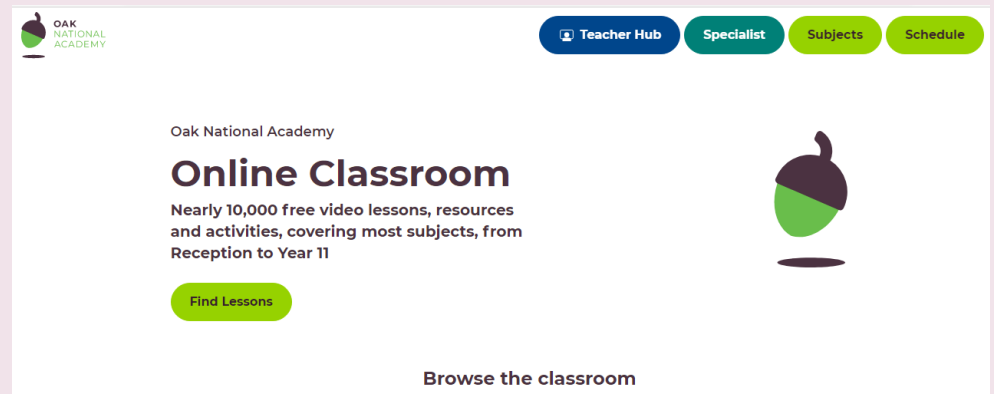
Below are some links to some great online resources that we wanted to highlight to Parents/Carers.



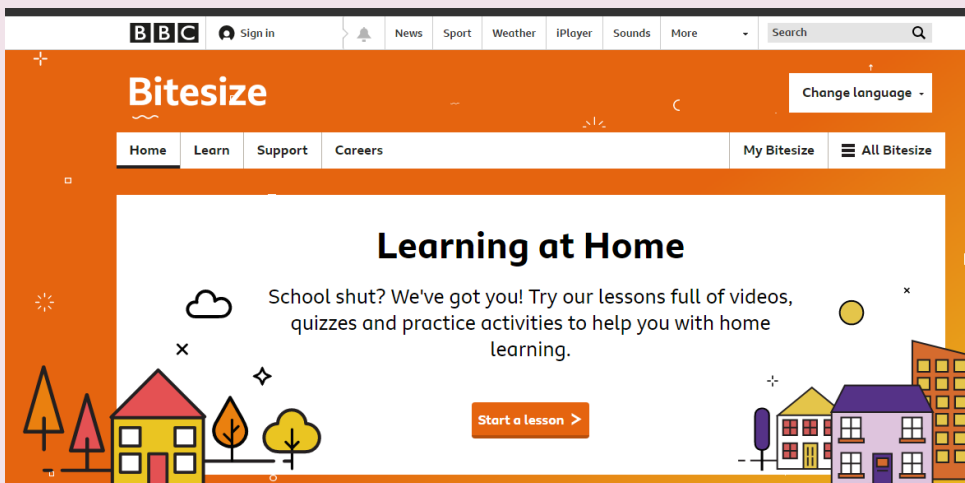
The screenshot shows the top of the Guide Education website. The header has a dark blue background with the Guide Education logo on the left and navigation links: 'What We Do', 'Courses & Qualifications', 'Case Studies', 'Free Resources', 'Blog', and a shopping bag icon. Below the header is a large banner image 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' (in a red button), and 'SIGN UP FOR FREE' (in a yellow button).

[Parent Support Course | Guide Education](#)

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



The screenshot shows the Oak National Academy Online Classroom website. The header has a white background with the Oak National Academy logo on the left and navigation buttons: 'Teacher Hub' (blue), 'Specialist' (teal), 'Subjects' (green), and 'Schedule' (yellow). The main content area has a white background with 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 (green). To the right is a large green acorn icon. At the bottom right is a 'Browse the classroom' link.



The screenshot shows the BBC Bitesize website. The header has a white background with the BBC logo on the left and navigation links: 'Sign in', 'News', 'Sport', 'Weather', 'iPlayer', 'Sounds', 'More', and a search bar. Below the header is a large banner image with a white background and a blue border. The text on the banner reads: 'Bitesize', 'Home Learn Support Careers', 'My Bitesize', 'All Bitesize', 'Learning at Home', 'School shut? We've got you! Try our lessons full of videos, quizzes and practice activities to help you with home learning.', and 'Start a lesson >' (in a blue button). The banner also features a colorful illustration of houses and trees.

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

THE WALLINGTON WEEK

CAREERS INFORMATION

February

Corporate Strategy & Corporate Finance Virtual Work Experience

During this virtual work experience you will experience first-hand what a career as a management consultant, corporate financier and investment banker entails. You will work as part of a senior team that has over 100 years of collective City work experience behind them from some of the most prestigious firms in management consulting, investment banking and corporate finance.

- 9th February
- Eligibility: 18+
- Application Deadline: 11th Jan.

Farrans Construction Insight Day

Farrans Construction is structured in to two primary divisions: Building and Civil Engineering. We have live projects throughout the UK and work in various sectors which include healthcare, homes, utilities and transportation.

- 24th February
- 16:00-18:00
- Eligibility: 16+
- Application Deadline: 22nd Jan.

Half Term Placements (15th-19th Feb)

An insight to Tourism with VisitBritain/VisitEngland

Learn more about VisitBritain/Visit England and how they work to build Britain's tourism product and develop the visitor economy.

Insight Days: [15th February](#) or [19th February](#)

- Eligibility: 14+
- Application Deadline: 15th Jan – 19th Jan.

Three Day Placement: [16th-18th February](#)

- 10:00-15:00
- Eligibility: 16+
- Application Deadline: 17th Jan

Devan's House - Property Services (Morgan Sindall)

We are looking for enthusiastic students who are keen to work as part of a team to design, plan and create a space for a person with disabilities and mobility issues

- 15th-19th February
- 09:00-15:30
- Eligibility: 14+
- Application Deadline: 29th Jan.

Construction Management (Morgan Sindall)

We are looking for individuals who can work as part of a team to deliver a project brief to design, programme and cost a sustainable construction project.

- 15th-19th February
- 09:00-17:00
- Eligibility: 14+
- Application Deadline: 29th Jan.

Build Yourself with Wates – London & South

Build Yourself, our school engagement programme, aims to address misconceptions and promote careers in construction to the next generation.

- 15th -19th February
- Eligibility: 14+
- Application Deadline: 15th Jan.

Virtual Work Experience for Y10 within Tesco F&F Clothing

Workshop highlights include: An introduction to Tesco, Meet our clothing and footwear teams, Look inside the different business areas within Tesco through our videos, Learn about the wide variety of roles in Tesco, Employability skills

- 15th-19th February
- 10:00-16:00
- Eligibility: Year 10
- Application Deadline: 15th Jan.

Somers Town Virtual Work Experience – Regent's place.

Through a five-day schedule of interactive webinars and group sessions, we will support you to design an (imaginary) exhibition. Over the week you will work through the planning stages to curate an exhibition which celebrates Somers Town History of activism and community action.

- 15th-19th February
- Eligibility: 15+
- Application Deadline: 15th Jan.

Marsh & McLennan Companies 2-Day Insurance Work Experience

Finished your A-levels or in your final year at Sixth Form? If you are curious about Apprenticeships, interested in learning more about insurance broking, risk management and reinsurance, then we would like to invite you to attend our 2-day Work Experience.

- 15th-16th February
- 10:30-15:00
- Eligibility: 17+
- Application Deadline: 8th February

THE WALLINGTON WEEK

CAREERS INFORMATION

Your Army - a compelling live-hosted video presentation about the Army

What is the Army? What does it do, and how does it work? What skills and activities does it offer. What is life as a soldier like? And how does the Army contribute to society? Join our Your Army session, and you'll find out.

- 2 available Dates:

- o [16th February](#)

- o [17th February](#)

- Time: 10:30 – 12:30
- Eligibility: 14+
- Application Deadline: 29th Jan & 1st Feb

Insights into Infrastructure and the Built Environment – SCS Railways

For 5 interactive days we will offer you the opportunity to jump on board and fast track your experience to understand more about Europe's largest infrastructure project in 100 years!

- 15th-19th February
- 10:00-16:00
- Eligibility: 15+
- Application Deadline: 15th Jan.

VWEX for ambitious open-minded young women – careers within construction (Danny Sullivan)

Accounts, HR, Commercial, Marketing, Social Value, Sustainability, Engineering, Trades & Labour are just some of the careers and opportunities available within the construction industry. Hear from leading women (and men) within the sector working on one of the most demanding and exciting transport projects in Europe.

- 15th-19th February
- 10:00-15:00
- Eligibility: Year 11, 12 & 13
- Application Deadline: 15th Jan.

March

Royal Air Force Careers Insight Day - Access All Areas

- Ranging from Aviation, Engineering and Medicine to Logistics and Hospitality - Find out about over 50 careers available through the RAF and the 23 Apprenticeships available.
- 5 available Dates:
 - o [1st March](#)
 - o [2nd March](#)
 - o [3rd March](#)
 - o [4th March](#)
 - o [5th March](#)
- Time: 10:00 – 15:00
- Eligibility: 15+
- Application Deadline: 29th Jan – 5th February.

BRINGING CONSTRUCTION TO YOU! - Robertson

Your virtual work placement will give you the opportunity to connect with the construction industry. You will gain an introduction to our industry, our organisation and careers within it, as well as recognising and developing the skills you will need for the world of work.

- 1st-3rd March
- 10:00-13:00
- Eligibility: 15+
- Application Deadline: 12th Feb.

Please encourage your students to apply as soon as possible to have the best chance of success. Opportunities may close early if many applications are received.

This is just a sample of the placements we have available. For a full list of placements - [sign in here to search and apply.](#)

Degree Apprenticeships with PwC

<https://www.pwc.co.uk/careers/student-careers/school-careers/our-programmes/flying-start-degrees.html>

Degree Apprenticeships Retail Morrisons

https://www.morrisons.jobs/early-careers/degree-apprenticeships/retail-management?utm_campaign=Careers%20Advis-ers&utm_medium=email&_hsmt=103071585&_hsenc=p2ANqtz-8v3qCK5rBillviNBXEhtvmQtfgoLZ0lu7jshqQaAk8ONE-sAYtuijGnIKvqdgheSgR6tbnFBAid5IQ4viXsm62uoZHQNrwf6ZNFejCcaLMYrbAlqDw&utm_content=103071583&utm_source=hs_email

Apprenticeships with Mott MacDonald

https://www.whatcareerlive.co.uk/company/mott-macdonald?utm_source=Venture%20Marketing%20Group&utm_medium=email&utm_campaign=11991320_CLIENT%3A%20Mott%20MacDonald%20%28WCL%29%2008.12.2020&utm_content=profile&dm_j=1RRK.750K8.WQIVGP.SW0IV.I

Morgan Sindell Construction Management VWEX Feb

<https://www.s4snxtgen.org/Opportunities/View/id/1005>

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

WEEKLY WALLY WORLDIE'S

Watch out for weekly challenges set by
Team PE - Do you think you've got
what it takes to be number #1?

Starting Monday 11th January 2021
New prizes to be won!
Keep your eyes peeled on the PE
Instagram and Twitter accounts...

WEEK 1 CHALLENGE

TEABAG TEKERS



Place a mug 2m away from you either on the
floor or your work surface. Grab a teabag to
try and kick into the mug. You can either
start with the teabag on the top of your foot
or drop kick the teabag in.

You must record yourself successfully
completing the challenge to be in with a
chance of winning a prize!!!

Instagram @harrywinks for full video.

THE WALLINGTON WEEK

ENRICHMENT

ON THIS DAY.....

Sir Isaac Newton was born on the 4th Jan 1642. He was a very influential scientist that created mathematical and scientific theories and discoveries that our learning and knowledge is still based on today.

Please visit the links below to learn more about the man himself

<https://www.newton.ac.uk/about/isaac-newton/life>

<https://www.bbc.co.uk/teach/isaac-newton-the-man-who-discovered-gravity/zh8792p>



January Challenges

Hands up who has eaten too much over Christmas and feels down after the excitement of Christmas has passed and the dark and cold days of January loom ahead. On top of this we have the news of another lockdown!

Why not join the Enrichment team in 2 fun month long challenges for our minds and bodies? Send us picture or videos of you performing the deeds and record you achievements to see who wins?

The best achievement for each physical activity at the end of the month and good deeds/mental health challenges will win a small care package!



Mental Challenges

As we start a new year, it is always a good time for a bit of reflection; This year more so than most. We have all been through a lot over the last year so take some time out and take stock of how that has impacted on you and your family.

We have set up some challenges for you to think about and consider every day over the course of this month. Have a go at trying some of these out over the course of January and share any pictures, accounts or good deeds with us. Lets see if we can all be a bit more positive by the end of January.

THE WALLINGTON WEEK

ENRICHMENT

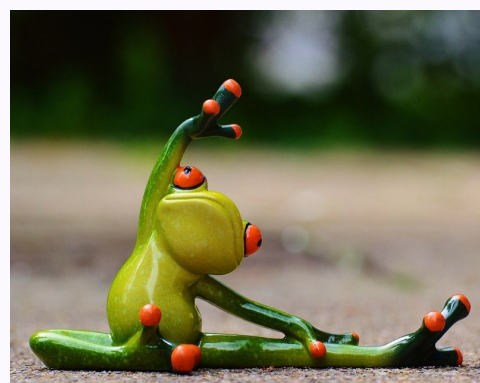
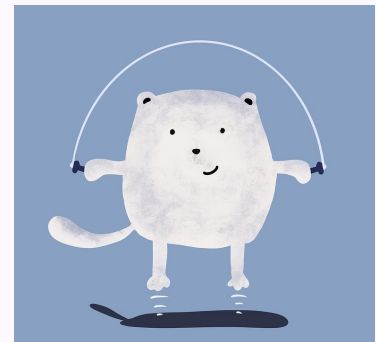
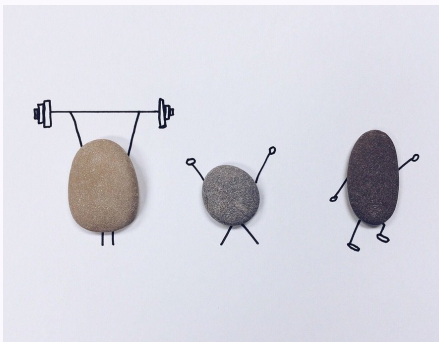


Define Happiness
Write a list of things that make you happy. Pin it up and try to do one every day for the rest of the month.

Out and About
Get outdoors to enjoy the winter weather. Walk on frozen grass and hear it crunch beneath your feet or splash in muddy puddles. Maybe even having a snowball fight!

Good Habit
What good habit could you begin this month? Write it down, see if you have achieved your habit by month end.

Act of Kindness
Do something kind and caring for a friend or family member? From making them a hot drink and give them time to put their feet up or just give them an unexpected compliment.



THE WALLINGTON WEEK

Out and About 2

Think of your outing yesterday. Draw or print out a picture as a memory. If you feel down in the future, look at the picture and remember that day.

Personal Boost

Make a list of the things that you are good at. Don't be shy, everyone is good at something whether it is talking, listening, drawing or make up.

Future You

What is one choice you could make today that your future self would look back on with pride?

ENRICHMENT

Family and Friends

Think of a friend or family member that may need a boost and share your comfort playlist.

Take a break

Slow things down today and take a break. Spend some time with just you, reading a book or listening to music.

Role Models

Write down your role models. List out any qualities you think you share with them.

Soulful Sounds

Create an emergency music playlist for times when you need some love and comfort.

Reflect

Think of the hurdles that you overcame in 2020. When you think about it, you will find a few! Be proud of how you overcame them.

Be proud

Moving forward, be proud of you, your individuality and personality. Do not put yourself down!

THE WALLINGTON WEEK

ENRICHMENT

Physical Challenges

The new year is an ideal time to make those changes you normally put off. Lets get some good endorphins flowing and undertake some physical challenges. Below we have provided challenges you may wish to undertake. You can do all or just one, do them daily or just once. Lets see if we can achieve more than we thought and why not see if we can improve over the course of the month. Some only take 60 seconds out of your day! We would love to here how much you have improved over the course of the month and beaten your personal best or just surprised yourself!

60 Second Challenge Squat Jumps

The Physical Challenge

How many squat jumps can you perform in 60 seconds?

Stand behind a line and jump forwards, perform a squat and repeat.

#StayHomeStayActive

Can you be honest when counting your score?



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

30 Squat Jumps



Achieve Silver

20 Squat Jumps



Achieve Bronze

10 Squat Jumps



60 Second Challenge Speed Bounce

The Physical Challenge

How many times can you bounce over a pillow in 60 seconds?

Both feet must land over the pillow for the jump to count.

#StayHomeStayActive

Are you honest? Only count the jumps that are completed properly.



Equipment

A pillow

If you do not have a pillow, jump over a safe object!

Achieve Gold

80 Bounces



Achieve Silver

60 Bounces



Achieve Bronze

40 Bounces



60 Second Challenge Climb the Mountain

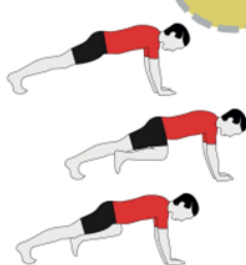
The Physical Challenge

How many mountain climbers can you complete in 60 seconds?

Make it harder by performing a press up after you bring both legs up.

#StayHomeStayActive

Can you keep going even when you are tired?



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

40 Mountain Climbers



Achieve Silver

30 Mountain Climbers



Achieve Bronze

20 Mountain Climbers



60 Second Challenge Air Balloon

The Physical Challenge

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

#StayHomeStayActive

Can you keep trying even if you lose a life?



Equipment

A balloon

If you do not have a balloon, use scrunched up tissue paper or a bag!

Achieve Gold

Lose 0 lives



Achieve Silver

Lose 1 life



Achieve Bronze

Lose 2 lives



THE WALLINGTON WEEK

ENRICHMENT

Physical Challenges

60 Second Challenge
Figure of 8

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge
How many times can you pass a ball through both of your legs in 60 seconds?
If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment
A ball
If you do not have a ball use a toilet roll or a cuddly toy.

Achieve Gold
35 times through your legs 

Achieve Silver
25 times through your legs 

Achieve Bronze
15 times through your legs 

60 Second Challenge
The Plank

Can you focus and show self belief even though it is hard?

The Physical Challenge
Can you hold the 'plank' position for 60 seconds?
Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



#StayHomeStayActive

Equipment
Just yourself and enough space on the floor!
Who can hold the plank position longest in your family?

Achieve Gold
60 seconds or more 

Achieve Silver
45 seconds or more 


Achieve Bronze
30 seconds or more 


If you feel you are fit already, why not try pushing yourself further or for longer?


Longer Challenges
Super Frisbee Run

The Physical Challenge
How quickly can you complete 5 bungee runs?
Place 4 objects 2m apart in a line. Start at 1st object, run to 2nd and back to 1st, run to the 3rd and back to 1st, run to the 4th and back to 1st. Repeat 5 times

Equipment
4 sturdy objects
Can you complete it quicker or beat a friend?

Achieve Gold
3 mins 

Achieve Silver
5 mins 

Achieve Bronze
7 mins 

Longer Challenges
5km Run

The Physical Challenge
How quickly can you run 5km?
Try different routes and see which is the quickest, repeat them to beat your time



Equipment
Trainers and you!
Why not run with a friend or family member?

Achieve Gold
25min 5km 

Achieve Silver
32min 5km 

Achieve Bronze
40min 5km 