

Wallington High School for Girls

THE WALLINGTON WEEK

HEIRS OF THE PAST, MAKERS OF THE FUTURE

MONDAY 22ND APRIL 2024



Message from the Headteacher



Welcome to the Summer term – it looks to be just as busy as the previous two! Before the break, I was thrilled to talk to a group of sixth formers who won a competition to have some of their code sent to the International Space Station where it will run for a fixed period. These amazing students presented in the KS4 end of term assembly where they talked us through their work, what it does and all the work that went into the project. I could not be prouder of them – they are already global leaders!

The Spring Concert in the week before we broke up was an utter triumph – I have honestly never been to a more accomplished concert. The performances and the orchestra were astonishingly good, and I was genuinely moved and had goosebumps throughout.

During the holiday, several staff took some Year 10 students to Texas to see the solar eclipse and visit NASA – this was an incredible trip which will definitely be running again.

This term we are adding a new event to our Wallington traditions. On Friday 24th May, we will hold a Sponsored walk day. Details will be sent out nearer the time, but it will be an early finish day.

On Tuesday this week, we host our 'Welcome to Wallington' event for all the external applicants to our sixth form. We have currently received over 450 applications, and we look forward to meeting many of them this week.

The 'Be Inspired' - Careers Fair 2024 has been organised this year for the 23rd and 24th April 2024. On both dates, the times are - Session 1: 7pm-8pm / Session 2: 8pm-9pm. The event is online and can be accessed through the letter that has already been sent home. It looks like a fantastic event with a real spread of industries represented. The Fair is aimed at all students and parents in years 9 – 13.

The Year 9/10 disco was a small but lively affair, and it was great to see the students enjoying themselves. I would like to thank the PFA for all their hard work organising great activities like these for the students whilst raising money for our school funds.

- Ms T O'Brien
Headteacher

Teen Wellbeing Webinar - luna



More information regarding this on page 5.

Makers of the Future Day - Call for Speakers

We're organising an event aimed at introducing our students to the multitude of career options available to them, and we'd love for you to be a part of it! More information on page 4.

KoothTalks for parents and carers: How you can support your child to manage exam stress

For more information regarding free workshops offered by Kooth please go to page 4.



Girls' Learning Trust



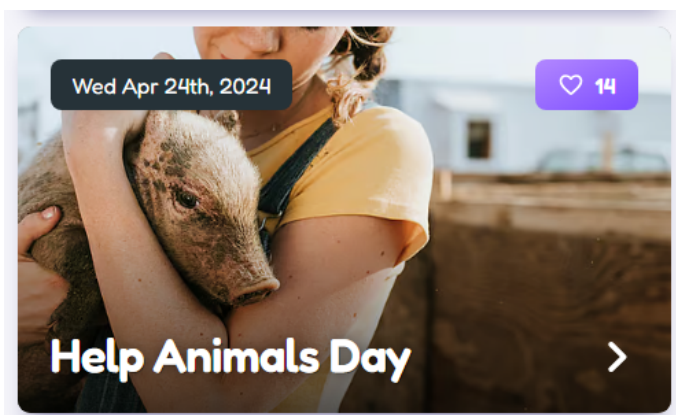
April 22

PASSOVER BEGINS | Changes Annually



National Day

SCHOOL BUS DRIVER APPRECIATION DAY | Fourth Tuesday in April



Upcoming workshops

Autism advice sessions can be booked by e-mailing theautismadvice@cognus.org.uk. Dates found below.

<p>WOULD YOU LIKE TO TALK ABOUT YOUR YOUNG PERSON AND GET SOME NEW IDEAS OR STRATEGIES?</p> <p>PENDING AVAILABILITY, YOU WILL BE ALLOCATED A 30 MINUTE SLOT BETWEEN THESE TIMES.</p>  <p>Cognus No Limits on Learning</p>	<p>AUTISM ADVICE SESSION FOR SUTTON FAMILIES</p> <p>9TH FEBRUARY 1PM-4PM</p> <p>13TH MARCH 10AM-1PM</p> <p>17TH APRIL 9.30AM-12.30PM</p> <p>9TH MAY 1PM-4PM</p> <p>BOOK BY EMAILING THEAUTISMSERVICE@COGNUS.ORG.UK</p>
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Useful links

Co-Curricular Activities

[SOCs](#), the school's new online system for Co-Curricular activities, will allow your child to see all available activities but also allow you to view after school registers to see if your child is attending and in school.

Careers Noticeboard

For live updates on careers related opportunities please click [here](#).

Current Vacancies

Click [here](#) for a link to our vacancies page.

This week: Week B**Monday 22nd April –**

Y11 MFL Orals begin
 Y13 A Level Art Exam (until Wednesday 24th)
 Y11 Photography Exam (until Tuesday 23rd)
 Late detention (15:10-15:30 - E06)

Tuesday 23rd April -

Y13 A Level Art Exam (until Wednesday 24th)
 Y11 Photography Exam (until Tuesday 23rd)
 Department Time (3pm)
 Late detention (E06 – 15:10-15:30)
 Welcome to Wallington (17:00-19:00 – Main Hall)
 GLT Schools: 'Be Inspired' Careers Fair 2024 (19:00-21:00 - Online)

Wednesday 24th April -

Y12 Breakfast (08:30 – 09:00 – Main Hall)
 Central detention (15:10 – 15:40 - Sixth Form Common Room)
 Late detention (E06 – 15:10 -15:30)
 Y1 ECT Harris (16:00 – 17:00 – Zoom)
 Hay on Wye Trip Parent Meeting (18:00 – 19:00 – Main Hall)
 GLT Schools: 'Be Inspired' Careers Fair 2024 (19:00-21:00 - Online)

Thursday 25th April -

Y11 GCSE Art Exam (G28 - until Friday 26th)
 Junior Maths Challenge Y7 and 8 (Loc TBC)
 Late detention (E06 – 15:10-15:30)

Friday 26th April -

Y11 GCSE Art Exam (G28)
 Late detention (E06 – 15:10-15:30)
 Central detention (15:10-16:10 – E06)

15th July 2024 Makers of the Future Day – Speakers Required

We're organising an event aimed at introducing our students to the multitude of career options available to them, and we'd love for you to be a part of it!

Your experiences and expertise are invaluable in guiding and inspiring our students as they navigate their own career paths. Therefore, we're seeking speakers who can provide an outline of their careers, information on the routes they took to achieve their current positions, and some ideas about the challenges involved in those roles and the skills needed to be successful.

The event is being held on 15th July and would involve up to four 30-minute talks to our year 7 and 10 students between 11am – 1:30pm.

If you're interested in participating, please complete this [Microsoft Form](#) or if you have any questions, please feel free to email me at lparkinson@wallingtongirls.org.uk.

- Mrs L Parkinson
 Careers Coordinator



Class Charts

A reminder for parents/carers to please set up your Class Charts account so you can monitor your child's conduct in school. Please follow the steps in the parent guide for setting up your account by clicking [here](#).

- Miss M Gough
Assistant Headteacher
Designated Safeguarding Lead

Reporting Harmful Content

Unfortunately, children and young people are often the recipient of various forms of inappropriate content and abusive behaviours online, including grooming attempts, trolling, and cyberbullying. The flyer [here](#) helps you to understand some of the reasons why they may not report and ways you can encourage them to do so.

- Miss M Gough
Assistant Headteacher
Designated Safeguarding Lead

KoothTalks for parents and carers: How you can support your child to manage exam stress

This free training will cover the following:

- An overview of how Kooth works as a mental health service
- How to support your child to manage exam stress
- Tips when talking to young people about their feelings
- Q&As

Here are the links to the two sessions available:

[Monday 22nd April: 13:00 - 14:00](#)

[Thursday 25th April: 18:00 - 19:00](#)

- Miss M Gough
Assistant Headteacher
Designated Safeguarding Lead

Whatsapp

WhatsApp has lowered the minimum age for its popular messaging service from 16 to 13 in the UK and Europe. For more information on how to keep your child safe whilst using WhatsApp please read this blog - [Is WhatsApp safe for my child? | NSPCC](#) and for more information on group chats please see the guide [here](#).

- Miss M Gough
Assistant Headteacher
Designated Safeguarding Lead

Vaping

Please find a leaflet to support parents and carers with having conversations with their children about vaping on page [here](#).

- Miss M Gough
Assistant Headteacher
Designated Safeguarding Lead

Nonsuch 'Be Inspired' Careers Fair - Save the Date

Nonsuch are holding an online 'Be Inspired' online Careers Fair on the evenings of **Tuesday 23rd** and **Wednesday 24th April** which is open to both students and parents across the trust. The aim of the event is to inspire and showcase various professions and careers paths available to students. Students and parents/carers will be able to sign up to listen to talks led by professionals across multiple career paths. Further information will be sent in the coming weeks.

- Mrs L Parkinson
Careers Coordinator

The Teen Wellbeing Webinar - luna



I am writing on behalf of the [teen health and wellbeing app luna](#) to inform you about their upcoming event '**The teen wellbeing webinar: How the right resources can boost mental health**'. This free webinar is taking place on **Thursday 25th April at 7pm** and will be a chance for audience members to ask questions to experts on the topic of how to improve young people's health and wellbeing.

[luna](#) is the first of its kind: an anonymous closed-community teen app that gives reliable, judgement-free advice from real medics. Teens can ask questions and receive medically backed responses, track their moods and periods, as well as learn about essential topics tailored towards them. It is the antidote to social media: a safe space trusted by over 75,000 young people.

Attending the webinar is an opportunity to understand how your teen can feel supported and thrive throughout their adolescence. On this webinar, **esteemed consultant paediatrician and Lead for Acute Children & Young People Mental Health at Imperial Hospital**, Dr. Katie Malbon will join luna's co-founder and Generation Zalpha expert Jas Scombri-Stothart for an insightful panel discussion and Q&A. They will consider the current landscape of youth mental health and how arming teens with the correct resources can tangibly boost overall wellbeing in a short space of time.

You can sign up to their free webinar [here](#).

As some of you may be aware, luna ran a four week long wellbeing challenge hosted on their app, for our students. The challenge focused on improving mental

health, body image, as well as relationships with exercise and sleep. It was brilliant to see that the challenge made **tangible positive changes to wellbeing**.

luna have detailed these changes in their [International Women's Day report](#), but here is a snapshot of the stats mentioned:

84% of teens reported their mental health is going well or thriving, up from 57% before the challenge

16% of teens would change something about how they looked, a drastic reduction from the shocking 69% prior to the challenge

Where half of teens felt bad about their body image prior to completing the challenge, this reduced to **19%**

It's also been shown that these improvements only continue the longer the app is used. This is why Wallington High School for Girls is a strong advocate for the luna app - it is an invaluable resource that genuinely improves wellbeing.

These topics will be discussed in greater detail, offering practical advice and insights, at luna's webinar detailed above. As an organisation greatly invested in the wellbeing of our students, we recommend you attend this helpful virtual event.

- Ms C Nwankwo
School Counsellor

Mathematics Competition Results - Pink and Grey Kangaroo

Last term a number of students in years 9,10 and 11 performed exceptionally well in the Intermediate Mathematical Challenge and qualified to sit a “Kangaroo” follow-on round. The Kangaroo papers are a Europe-wide competition based on the structure of an Australian competition (hence the Kangaroo!). They consist of 25 challenging multiple-choice questions, the Grey Kangaroo is for Y9 and the Pink Kangaroo is for Y10 and Y11.

Achieving a “Merit” in these competitions means that you are among the strongest mathematicians of your age in the country.

In the Grey Kangaroo, Uma (9Sha) and Maya (9Cur) both achieved Merit Certificates with Maya achieving the best result in the School.

In the Pink Kangaroo, Amelia (10Ath), Lucila (10Pan), Jade (11Pan), Ania (11Sha), Macy (11Sea), Branavi (11Ath) and Sinyi (11Cur) all achieved Merit Certificates. Amelia achieved the best result in Y10 and Sinyi achieved the best result in the School.

Well done to everyone who took part – we are very proud of you!

- Ms S Tucker
Head of KS5 Mathematics

Year 9 and 10 Disco



- WHSG PFA



Attendance

Requests for absence, including illness or appointments should be sent to:

attendance@wallingtongirls.org.uk

Please provide at least 2 full school days notice of a planned absence for the school to complete the required processes before the event.

Absences for longer than one day need to be confirmed at least 2 weeks prior to the event. Families should note that requests for holidays during term time will not be approved and penalty fines can be issued.

To notify WHSG of a leave of absence, please complete this [form](#) and return to the email above.

Changes in contact information

If you need to update your home address or contact telephone number, emergency contacts or any other information, please send the updates to:

KS3 and 4 – mandrews@wallingtongirls.org.uk

KS5 – jday@wallingtongirls.org.uk

Parking

Please note that parents are unable to park or drive into the school grounds between the hours of 7.30 -4.30 for safeguarding reasons. Families can contact our reception to ask for permission, where the needs arise for a pupil with mobility issues.

reception@wallingtongirls.org.uk

Please also ensure that when dropping your child at school each day, you are respectful of our local residents by not blocking drives and roads or impacting others safety by parking or dropping off your child(ren) irresponsibly.

Back-to-school advice

Click [here](#) for essential information provided by the GovUK website.

Punctuality

Good punctuality to both lessons and to school is expected of all students. We know that employers place great importance on punctuality and attendance, therefore it is important for our students to understand the value of being on time.

WHSG will issue same day, 20 min detentions for students that are late into school, without a valid reason or persistent lateness to classes. Parents and students will be notified as soon as possible of the detention and the reasoning by email.

We ask that parents support these actions as important processes for the school and understand that detentions cannot be moved for any after school clubs or enrichment events. Should a detention clash with a medical appointment, evidence will be requested for the school to show flexibility.





GIRLS' LEARNING TRUST

Virtual

'Be Inspired'

Careers Fair

23 & 24 April 2024

- Apprenticeships
- Architecture
- Arts
- Biotech
- Business
- Creative Industries
- Environment / Biodiversity / Ecology / Nature
- Finance
- Healthcare (Biomedical Science)
- Law
- Microbiology
- Medicine
- Nature & Wildlife Conservation
- Neurology
- Nursing
- Politics
- Research - Biosciences (Neuroscience)
- STEM (Data & AI)
- STEM (Medical Physics)
- STEM (Software Consulting)
- Veterinary

See the list of inspiring talks and guest speakers on the next 2 pages...

Sign up to the talks by clicking on this [form!](#)

Have a query? Email: careers@nonsuchschool.org





Tuesday 23rd April '24 - Session 1 @ 7pm

<u>Industry</u>	<u>Talk Title</u>	<u>Speaker</u>
Medicine	NHS, Neurology and I	Dr. Arani Nitkunan
Biotech	The lone lady in the Boardroom! (Science-Story)	Ms Astha Deo
Politics	Changing the world, one step at a time	Cllr Ruth Dombey
STEM (Medical Physics)	Medical physics: using science and technology for people's benefit	Dr Silvia Pani
STEM (Software Consulting)	Want to become a great IT & Management Consultant or a Cyber Security expert? If so, don't miss this opportunity!	Mr Yogesha Ramanna
Apprenticeships	Navigating Success through Apprenticeships	Ms Harshmeet Kaur
Law	A Career in the Law as a Barrister and a Judge	HHJ Catherine Brown

Tuesday 23rd April '24 - Session 2 @ 8pm

<u>Industry</u>	<u>Talk Title</u>	<u>Speaker</u>
Medicine	Life as a paediatrician - The good, the bad and the hilarious	Dr Rosie Roots
STEM	Succeeding as a tech female founder	Dr Inas Ismail
Healthcare (Biomedical Science)	My Adventures in Biomedical Science	Ms. Sue Alexander
Medical Microbiology		
Business	Studying Economics - does it really have the highest starting salary and does it matter?	Mr. Vireswer Selvavinayagam
Environment / Biodiversity / Ecology / Nature	Finding your niche	Ms. Rosie Whicheloe
Law	All about a career in Law	Mr Indika Kommalage



Be Inspired



Wednesday 24th April '24 - Session 1 @ 7pm

<u>Industry</u>	<u>Talk Title</u>	<u>Speaker</u>
Creative Industries	How to step into the Creative Industries	Ms. Ri Chakraborty
STEM (Data & AI)	The roles within technology for the future	Ms. Hayley Mooney
Research - Biosciences (Neuroscience)	From Nonsuch to Neuroscience and beyond: the life of a researcher	Ms. Samantha Wright
Finance	Finances, Tech and what you should expect!	Mr. Nicholas Rademaker
Nursing	Nursing and other nonmedical careers in healthcare	Dr Kee Fai Yeong

Wednesday 24th April '24 - Session 2 @ 8pm

<u>Industry</u>	<u>Talk Title</u>	<u>Speaker</u>
Nature & Wildlife Conservation	How to save the natural world: careers in conservation	Ms. Anna Macphie
Law	Everything you need to know about a career in Law and were cheerful enough to ask	Mr. Jon Bola
Medicine	Life of a medical Registrar doctor in the NHS	Dr. Vitasta Raina
Veterinary	So, you want to be a vet?	Dr. Clare Rushbridge
Finance (Actuarial)	Maths geeks welcome	Mr. Michael Kim
Architecture	Designing the built environment	Mr. Ismail Laher



Be Inspired





CAREERS NOTICEBOARD



BUPA HEALTH PANEL

5 of BUPA's company leaders will be taking the stage at their Central London offices to talk about their journeys.

The panel discussion will centre around driving innovation and transformation, strategy, the future of healthcare businesses and the many career opportunities available to doctors. To register for in-person tickets or the livestream, click [here](#)

APRIL'S CAREER COMPASS PROGRAMMES

Choose the Career of your Dreams - Wednesday 24 April, 6pm - 7pm
CV Workshop - Monday 29 April, 6pm - 7pm



LAW & ACCOUNTANCY

Are you considering a career in law or accounting? This is your chance to hear from two of the biggest players in the legal and accounting industry at one event. You will get exposure to their different teams, people and jobs that you could apply for in the future. Register [here](#)



MORGAN STANLEY

2024 Step In, Step Up – Women's Insight to Banking - 29 & 30 July
 This is an introductory two-day programme designed for Year 12/13 female students. It comprises divisional overviews, panel sessions and interactive workshops. Participants will also have the opportunity to network with employees at all stages of their careers. [Applications](#) close 26 May 2024



2024 Step In, Step Up: Women in STEM - 1 & 2 August

Over the two-days, participants will be provided with an overview of opportunities and roles on offer at Morgan Stanley which involve a STEM background and skill set, along with an overview of their Technology division, as well as giving participants the opportunity to partake in interactive challenges, panel sessions and career workshops. [Applications](#) close 26 May 2024

GRESHAM COLLEGE LECTURES

Gresham College has offered free lectures for over 300 years, covering a range of topics. You can browse the recordings of previous lectures [here](#) and sign up to watch upcoming lectures live [here](#)



FOR THE LATEST CAREERS NEWS VISIT: WHSG CAREERS NOTICEBOARD