



Wallington High School *For Girls*

HEIRS OF THE PAST, MAKERS OF THE FUTURE

THE WALLINGTON WEEK

MESSAGE FROM THE HEAD TEACHER

As we reach the end of the second full week of term, it is clear that everyone has settled back into school life and routines. I'm always impressed by the determination, enthusiasm and independence of our students and already we are seeing many outstanding student achievements this term. In particular, congratulations go to all of Year 13 on their university applications, offers and their achievements more broadly. This includes five members of Year 13 who recently received offers from Oxford university to read History, Mathematics, German & Linguistics, Material Science and Law with German Law – very well done to everyone. Cambridge will be making their offers from 25th January. Thank you as well to everyone who helped with reference writing, interview practice and supporting students with their university applications.

We are currently in the process of appointing our new Senior Prefect Team, including our Head Girls. A few weeks ago, applicants had the opportunity to speak to their year group at our annual Hustings event and staff and Year 12 students have now submitted their preferences for who should be given these roles. Soon we will be holding interviews for the role of Head Girl and then announcing the new team.

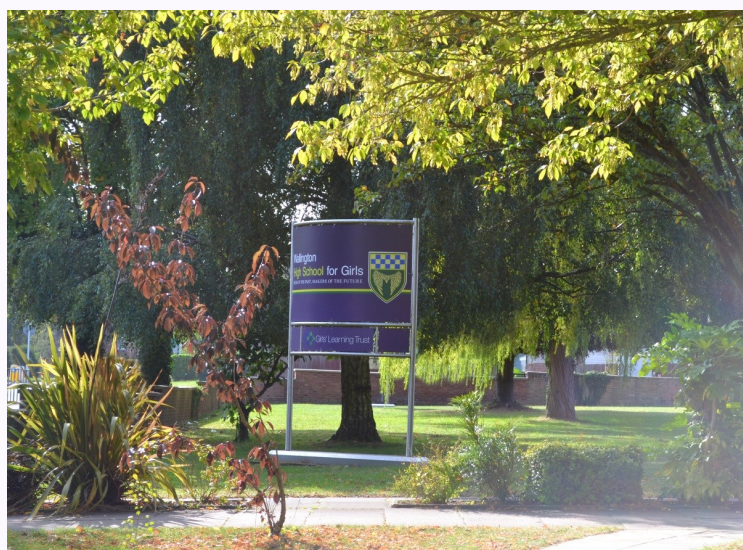
The number of students testing positive with Covid remains low (2%), however we have seen a rise in the number of cases over the last week. Please help by ensuring students are completing their Covid tests twice a week (Sunday and Wednesday) and notifying the school of the result. Additional test kits have been issued. Any student still needing a test kit should speak to their tutor or go to school reception. With regards to second vaccinations for 12-15 year olds, we are still awaiting further details about the arrangements for these. In the meantime I would encourage parents who want their child to have a second vaccination to book through the NSH booking site [here](#).

Finally, a reminder that students who are self-isolating with COVID-19 now have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to school immediately on day 6. The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. All test results should be reported to the school and to NHS Test and Trace using [this link](#)

If the result of either of their tests is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest. Anyone who is unable to take LFD tests or anyone who continues to have a temperature will need to complete the full 10 day period of self-isolation.

Have a great weekend

MR R BOOTH
HEADTEACHER



Wallington
High School *For Girls*
HEIRS OF THE PAST, MAKERS OF THE FUTURE

WE ARE ON TWITTER!

KEEPING YOU UP TO DATE WITH
THE LATEST NEWS AND EVENTS DAILY HERE AT
WALLINGTON HIGH SCHOOL FOR GIRLS

FOLLOW US AND STAY CONNECTED



@girlswallington

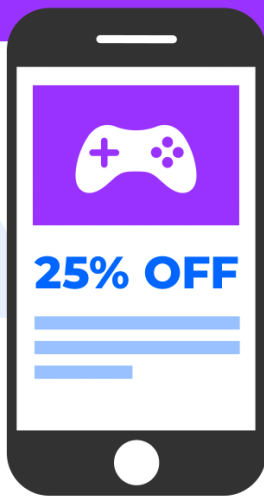
THE WALLINGTON WEEK

By clicking the link below you can find further information, tips and advice that WHSG have put together to support and promote Safer Internet Day 2022 for our school community. This page will be updated regularly in the run up to the 8th February. <https://www.wallingtongirls.sutton.sch.uk/news/?pid=3&nid=1&storyid=90>

How to protect young people from social scams

internet
matters.org

In partnership with
 BARCLAYS



Talk to children about the issue using news stories to start conversations

- When there is a story in the news about the latest online scam then **share this with the whole family** – don't just target young people as anyone can be affected by these things and the more we talk about online issues the more natural and normal it will become!

Encourage young people to check their privacy settings on their social media accounts

- **Most social media platforms and popular apps are public by default**, but most will allow users to control their privacy for example choosing who can see their content or who can contact them. You can find information on [how to access these privacy settings here](#). Once the privacy settings are in place it is still important to remind children and young people to think carefully before sharing too much information.



Encourage young people to be more critical about the ads they see on social media

- Adverts on social media will often look genuine and encourage you to click to visit their website to make a purchase, **it is especially important to make sure that you are on the site that you think you are on**. If in doubt, then browse to the site yourself rather than relying on a link in the advert. [Also, have a read of our online critical thinking guide](#) to help young people learn how to make smarter choices online.



If you are in any doubt about whether an offer or a post is genuine then visit the website yourself

- Encourage young people not to click on any links in a social media post or email – type in the address, login if necessary and see whether the offer or claim is indeed genuine.



Reinforce the importance of protecting personal data

- Remind young people that their bank will **NEVER** ask them to provide online banking password details or a One-Time-Passcode if they are using two-factor authentication via an email or social media platform, nor will their bank ever ask them to transfer funds to a safe account or say their money is at risk.

Always report if something looks like a scam

- If you or your children become aware of something that looks suspicious online, then it is important to act. **Report it to the platform** ([you can find out how to do that here](#)) and you can also report to [Action Fraud](#). Action Fraud is the UK's national reporting centre for fraud and cybercrime and is the place where we should report scams if we live in England, Wales, or Northern Ireland. In Scotland this can be reported directly to the [police](#).

THE WALLINGTON WEEK



Wallington High School *for Girls*

PE & Dance Extra Curricular 2021-22

Spring Term (Monday 10 th Jan – Friday 18 th March)					
	Year 7 Clubs	Year 8 Clubs	Year 9 Clubs	Year 10 Clubs	Year 11/Senior Clubs
Monday	Netball Club (A-D Team) (Courts) 3-4pm Teacher: K Parkinson	Dance (Royal Academy) (Dance Studio) 3-4pm Teacher: RAD/S Collins *Begins Oct 21 (Audition)	Gymnastics Club (Squad) (Gym) 3-4pm Teacher: J Little	Gymnastics Club (Squad) (Gym) 3-4pm Teacher: J Little	Gymnastics Club (Squad) (Gym) 3-4pm Teacher: J Little
	Dance (Royal Academy) (Dance Studio) 3-4pm Teacher: RAD				
	Netball Club (Non team players) (Netball Court) 3-4pm Teacher: L Leaders	Badminton Club (Gym) LUNCH Teacher: Leaders			
Tuesday	Gymnastics Club (Gym) 3-4pm Teacher: J Little	Gymnastics Club (Gym) 3-4pm Teacher: J Little	Dance Club (Dance Studio) 3-4pm Teacher: Grayes Dance School/S Collins	Dance Club (Dance Studio) 3-4pm Teacher: Grayes Dance School/S Collins	Dance Club (Dance Studio) 3-4pm Teacher: Grayes Dance School/S Collins
	Athletics Club (Team only) (Sports Hall) 3-4pm Teacher: N Sasson	Athletics Club (Team only) (Sports Hall) 3-4pm Teacher: N Sasson	Basketball Club (Sports Hall) LUNCH Teacher: Leaders *starts 18 th Jan		
			Basketball Club (Sports Hall) LUNCH Teacher: Leaders *starts 18 th Jan		
Wednesday	Football Club (Bottom Field) 3-4pm Teacher: N Sasson	Netball Club (A-D Team) (Courts) 3-4pm Teacher: S Collins	Football Club (Bottom Field) 3-4pm Teacher: J Carter	Cricket Club (Sports Hall) 3-4.30pm Teacher: Surrey/K Bates	Cricket Club (Sports Hall) 3-4.30pm Teacher: Surrey/K Bates
	Dance (Grayes Exam Classes) (Dance Studio) 3-5pm £fee Teacher: Grayes Dance School	Football Club (Bottom Field) 3-4pm Teacher: J Carter	Cricket Club (Sports Hall) 3-4.30pm Teacher: Surrey/K Bates	Rugby Club (Top Field) 3-4pm Teacher: R Booth/M Durant	Rugby Club (Top Field) 3-4pm Teacher: R Booth/M Durant
	Table Tennis Club (Sports Hall) LUNCH Teacher: Leaders	Dance (Grayes Exam Classes) (Dance Studio) 3-5pm £fee Teacher: Grayes Dance School	Dance (Grayes Exam Classes) (Dance Studio) 3-5pm £fee Teacher: Grayes Dance School	Dance (Grayes Exam Classes) (Dance Studio) 3-5pm £fee Teacher: Grayes Dance School	Dance (Grayes Exam Classes) (Dance Studio) 3-5pm £fee Teacher: Grayes Dance School
Thursday	Cricket Club (Sports Hall) 3-4pm Teacher: K Bates	Cricket Club (Sports Hall) 3-4pm Teacher: K Bates	Netball Club (A-C Team) (Courts) 3-4pm Teacher: J Lake		Netball Club (A-B Team) (Courts) 3-4pm Teacher: J Waight/A Woodvine
	Trampoline Club (Gym) 3-4pm Max Force External Club *Sign-up Epay	Dance Club (Dance Studio) 3-4pm Teacher: J Lake			



World KITCHEN.

SAMPLE MENU

WEEK ONE

Aspens

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TRADITIONAL DISH

Pasta Carbonara
Penne pasta topped ham & cream sauce with garlic bread & salad

Cheeseburger
Beef burger with paprika wedges & slaw

Jerk Chicken
Marinated chicken with rice & peas toasted flatbread

Chicken Korma
Mild chicken curry with rice & naan, tomato & red onion salad

Chip Shop
Battered fish with curry sauce, chips & minted peas

VEGGIE DISH



Roasted Veg & Lentils pasta
Penne pasta topped tomato, lentils, veg sauce with garlic bread & salad

Spicy Bean Burger
Veggie burger with paprika wedges & slaw

Jerk Veggie Fillet
Marinated quorn fillet with rice & peas toasted flatbread

Vegetable Biryani
Mild Veggie curry with rice, naan, tomato & red onion salad

Chip Shop
Veggie spring roll with curry sauce, chips & minted peas

Hot DELI.

Our Hot Deli Range includes Fresh Dough Pizzas, Pasta & Noodle Pots, Filled Jacket Spuds, Panini, Hot Chicken Wraps, Wings & Loaded Wedges.

DELICIOUS DESSERTS

Raspberry Ripple Sponge

Chocolate Brownie

Carrot and Pineapple Muffin

Apple Flapjack

Ice Cream Tub or Chef's special

THE WALLINGTON WEEK

**World
KITCHEN**

SAMPLE MENU

WEEK TWO

Aspens


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**TRADITIONAL
DISH**

Meatball Marinara
Fusilli pasta topped meatball & tomato sauce with garlic bread & Salad

Tandoori Chicken
Marinated chicken with rice, mini papadums, mango chutney

Bangers & Mash
Sausages served with mash potatoes, peas & gravy

Southern Chicken
Marinated battered chicken with corn on the cob & Slaw

Chip Shop
Battered fish with curry sauce, chips & minted peas

**VEGGIE
DISH**



Meatless ball Marinara
Fusilli pasta topped quorn meatball & tomato sauce with garlic bread & salad

Lebanese Falafel
Pitta filled with falafel, mint yogurt & citrus salad

Potato & Spinach Frittata
Italian omelette served with roasted veg & salad

Southern Baked Cauliflower
Marinated cauliflower with corn on the cob & Slaw

Chip Shop
Veggie spring roll with curry sauce, Fried Rice & minted peas

Hot DELI

Our Hot Deli Range includes Fresh Dough Pizzas, Pasta & Noodle Pots, Filled Jacket Spuds, Panini, Hot Chicken Wraps, Wings & Loaded Wedges.

**DELICIOUS
DESSERTS**

Sticky Toffee Pudding

Carrot Cake

Orange Polenta Cake

Banoffee Whoopie Pie

Chocolate Crunch

**World
KITCHEN**

SAMPLE MENU

WEEK THREE

Aspens


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**TRADITIONAL
DISH**

Beef Bolognese
Spaghetti topped beef bolognaise sauce with, garlic bread & salad

Chicken Chow Mein
Five Spice chicken with noodles & prawn cracker

Hunters Chicken
BBQ chicken & bacon with wedges & onion rings

Lamb Shawarma Wrap
Lamb kebab wrap with salad & fries

Chip Shop
Fish Finger Sandwich with Tartare Sauce, Chips & Mushy Peas

**VEGGIE
DISH**



Vegan Bolognese
Spaghetti topped veggie bolognaise sauce with, garlic bread & salad

Teriyaki Tofu
Five Spice tofu with noodles & Prawn cracker

Cauliflower Popcorn
Cauliflower with Sweet chilli dip, wedges & onion rings

Quorn & Vegetable Wrap
Quorn wrap with salad & Fries

Chip Shop
Battered Quorn Sausage with Curry Sauce, Chips & Peas

Hot DELI

Our Hot Deli Range includes Fresh Dough Pizzas, Pasta & Noodle Pots, Filled Jacket Spuds, Panini, Hot Chicken Wraps, Wings & Loaded Wedges.

**DELICIOUS
DESSERTS**

Chocolate Cornflake Crispy

Eton Mess

Banana Cake

Raspberry Flapjack Muffin

Lemon and Sultana Cookie

THE WALLINGTON WEEK

Aspens



TARIFF

Mid-morning SELECTION

Sausage Roll	£1.20
Bacon/Sausage/Vegetarian Bap	£1.20
Toast x2	£0.60
Hash Brown x2	£0.90
Mini Potato Waffles x4	£0.80
Cheese on Toast	£1.25
Breakfast Wrap	£2.10
Bacon & Cheese Turnover	£1.60
Brunch Pot	£1.30
Topped Toast	£1.25
American Pancakes with 1 Topping	£1.00

Main meal

Dine with us DEALS

Hot Dish Meal Deal £2.50
Just sandwich Meal Deal £2.50
Salad Pot Meal Deal £2.50

Look out for our new offers
all for £2.50

START YOURSELF A COLD DRINK

HEALTHY SANDWICHES & WRAPS

ENJOY FRESH FRUIT

FINISH WITH A DESSERT POT

World KITCHEN

Main Meal served with fresh vegetables

£2.30

Hot or Cold Dessert

£0.70



CHOOSE YOUR HOT PANINIS

STREET FOOD MARKET



REAL JACKET POTATOES

Cold DELI

Baguette Just	£1.80
Baguette Classic	£2.00
Baguette Deli	£2.20
Sandwiches Just	£1.35
Sandwiches Classics	£1.60
Sandwiches Deli	£1.80
Wrap Just	£1.80
Wrap Deli	£2.10
Small snack Pot	£1.30
Protein Topper	£0.80
Dessert Pot	£1.00
Fruit Pot	£0.95
Fresh Fruit	£0.45

Hot DELI

Panini	£2.20
Toastie	£1.70
Ciabatta	£2.10
Plain Pizza Slice	£1.10
Topped Pizza Slice	£1.30
Plain 6" Pizza	£1.80
Topped 6" Pizza	£2.00
Plain Pasta	£0.80
Pasta with 1 Topping	£1.20
Pasta with 2 Toppings	£1.50
Plain Jacket with Butter	£1.20
Jacket with 1 Topping	£1.60
Jacket with 2 Toppings	£2.00
Chicken Burger	£1.80
Chicken Wings	£1.70
Theos Hot Wrap	£2.10

Drinks

Hot Drinks

Tea	£1.00
Coffee	£1.00
Hot Chocolate	£1.00
Latte	£1.00
Cappuccino	£1.00

Cold Drinks

Still Water	£1.00
Radnor Splash	£1.00
Radnor Fizz	£0.80
Radnor Splash	£0.60
Small Slushie	£1.00
Large Slushie	£1.50

THE WALLINGTON WEEK

New Meal Deals

MEAL DEAL

JUST SANDWICH

+ 

+  **HOMEBAKE OR
PIECE OF FRUIT**

+  **RADNOR SPLASH**

£2.50

Aspens

MEAL DEAL

SALAD POT

+ 

+  **HOMEBAKE OR
PIECE OF FRUIT**

+  **RADNOR SPLASH**

£2.50

Aspens

MEAL DEAL

DAILY SPECIAL HOT
MEAL OF THE DAY

+ 

+  **HOMEBAKE OR
PIECE OF FRUIT**

+  **RADNOR SPLASH**

£2.50

Aspens

MEAL DEAL

HOT DELI DISH
OF THE DAY

+ 

+  **HOMEBAKE OR
PIECE OF FRUIT**

+  **RADNOR SPLASH**

£2.50

Aspens

Aspens

TRY VEGAN THIS JANUARY

veganuary.com



**PEANUT BUTTER
BANANA ICE CREAM**

Ingredients for 4 servings

- 3 ripe bananas
- 1 tablespoon vanilla extract
- ¾ cup peanut butter(180 g)

1. Peel the bananas and slice into 1-inch (2 cm) slices.
2. Spread the bananas on a parchment-lined baking sheet and freeze for 2 hours.
3. Blend the frozen banana slices in a high-speed blender until they reach a smooth consistency.
4. Add the vanilla and peanut butter and blend to combine.
5. Transfer to a bowl or container and freeze for 1 hour, or until ready to serve.
6. Scoop out ice cream.
7. Enjoy!



Roasted Pepper Macaroni

Ingredients for 2 servings

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- ¾ cup raw cashew(100 g), soaked in water for 2 hours
- 1 red pepper, roasted
- 2 tablespoons nutritional yeast
- 1 tablespoon tomato paste & 1 small onion, diced
- 1 ½ tablespoons cornstarch
- 1 teaspoon ground mustard
- ½ teaspoon turmeric & ½ teaspoon salt
- 2 cups vegetable broth(480 mL)
- 8 oz dry pasta(225 g), cooked
- ½ teaspoon smoked paprika, smoked paprika, to serve

1. In a medium-sized pot over medium heat, add the olive oil and onion and cook for 3-4 minutes, stirring occasionally, until semi translucent.
2. Add the garlic and cook for 2-3 minutes.
3. Transfer onion and garlic to blender. Add the soaked cashews, red pepper, nutritional yeast, tomato paste, cornstarch, salt, paprika, ground mustard, turmeric, and vegetable broth, and blend until smooth.
4. Transfer sauce back into pot and cook until thickened, about 5 minutes. Add pasta to the pot and stir until sauce is evenly distributed.
5. Top with smoked paprika and serve immediately. Enjoy!



**Slow Cooker Butternut
Squash Soup**

Ingredients for 6 servings

- 2 lb medium butternut squash(910 g), peeled, seeded, roughly chopped
- 1 medium yellow onion, roughly chopped
- 4 cloves garlic & Olive oil, to taste
- 3 cups vegetable broth(720 mL)
- ½ teaspoon ground ginger
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon paprika
- teaspoon cayenne pepper
- 1 ½ teaspoons sea salt
- ¼ teaspoon black pepper
- ½ teaspoon fresh thyme
- ¼ cup coconut milk(60 mL)

1. Add the butternut squash, onion, and garlic to a slow cooker. Drizzle with olive oil and add vegetable broth, ginger, cumin, coriander, paprika, cayenne, salt, and pepper.
2. Cover and cook on high heat for 4 hours.
3. Using a hand blender, blend the ingredients until smooth, or transfer to a standard blender or food processor and carefully puree.
4. Add the thyme and coconut milk and blend to incorporate.
5. Garnish with pumpkin seeds and chives, if desired. Enjoy!