



Wallington High School *For Girls*

HEIRS OF THE PAST, MAKERS OF THE FUTURE

MONDAY 25TH
SEPTEMBER 2023

THE WALLINGTON WEEK

MESSAGE FROM THE HEADTEACHER



Year 7, 10 and 12 have all now had Parents Information Evenings – if you were unable to attend you can have a look through the presentations on the school website. They were all very informative evenings with what to expect from the school year and how we can

all work together to support the students as they settle in to new courses. We are running a parent workshop on 27th September at 6.30pm on 'the teenage brain, exam stress and perfectionism' which many of you may also find very useful – the link is opposite. There are lots of additional parent workshops throughout the year which we will inform you of.

You will have received a letter about cars, the school site and local environment, please park sensibly to ensure the safety of our community. I have now introduced myself formally to all the students through their assemblies and I have revived a very warm welcome. I will be conducting some student voice after half term to seek their views on their school and what we could work on. It was great to see the CCF out in force helping on our SET day, they were incredibly helpful – please congratulate your daughter if they took part.

On the 22nd November we are holding our Year 13 Interview day. This day requires a large number of volunteers so if you would be willing to give up some time, please see details further down this bulletin on how you can assist.

I hope you have a great weekend.

- MRS T O'BRIEN

THE TEENAGE BRAIN, EXAM STRESS AND PERFECTIONISM - WORKSHOP

Date and time: Wed 27th Sep 2023, 18.30-20.00

Facilitator: Jenny Langley - Mental Health Trainer
from The Charlie Waller Trust

Location: This is a virtual event – Teams

The Charlie Waller Trust has been working alongside Dr John Coleman who is a leading expert in the field of teenage brain development. Jenny Langley is one of their lead trainers in this area and in this session Jenny will talk us through the latest research around the development of the teenage brain, which starts from around the age of 8 and runs through to the mid-twenties. Understanding some of these key changes can help us to see the world through the teenage lens more clearly, and therefore to come alongside our youngsters when they are struggling with pressures such as exam stress, perfectionist tendencies and other social developmental issues. The session is for all parents and carers and will include practical tips in communicating with your child in the face of difficulties.

Meeting details are below:

Meeting ID: 339 274 539 553

Passcode: Rqkedt

UNDERSTANDING ADHD - WORKSHOP

Date and time: Thurs 28th Sep 2023, 18.00-19.00

Facilitator: Dr Jo Suchy - Senior Educational
Psychologist from Cognus

Location: This is a virtual event – Teams

Jo Suchy from the Educational Psychology team will be running a workshop to help parents to better understand ADHD. The workshop will look at how you can support a young person with ADHD and understanding their anxiety and anger triggers, as well as developing positive behaviour strategies at home and in school.

Meeting details are below:

Meeting ID: 359 111 500 304

Passcode: hkytKK



YEAR 13 INTERVIEW DAY

Event: Year 13 Interview Day

Date: Wednesday 22nd November 2023

Location: Wallington High School for Girls

Time: 9:30 – 15:00

We are organising a special event for our Year 13 students and are looking for volunteers to join us to help them develop a crucial life skill: interviewing.

For many of our Year 13 students, this will be their first opportunity to experience a formal interview setting and as you will appreciate, this is an important skill to learn so that our students gain greater confidence and a competitive edge when applying for higher education, apprenticeships or other employment opportunities in the future.

What to expect:

We are seeking volunteers to conduct multiple 30 minute face-to-face practice interviews. Your role will involve asking questions, providing feedback, and sharing your insights and experiences. Where possible we will match your specialism to an appropriate student but we may also ask you to conduct a generic interview or one broadly related to your field. We are happy for you to use your own questions but you will also be supplied with examples to assist you. We are hoping for volunteers to attend the whole day, however we would still welcome your participation if you are only available for part of the day. Lunch and refreshments will be provided, and for some this may also be a great opportunity to network with other professionals in the local area.

How to volunteer:

If you are willing to volunteer, please could you complete the form [here](#).

MOBILE PHONE POLICY

- Students are not allowed to use their devices, or have headphones in sight, anywhere in the school.
- The exception to this rule is Year 12 and 13 who may use their devices in free classrooms, the Sixth Form study area, and the Sixth Form common room. Devices must not be used in any other part of the school (e.g. corridors).
- If a student is seen by a member of staff, the device will be confiscated immediately and given to Reception. Parents will be asked to collect the device from Reception by 4pm on that day. If a parent is unable to collect the device at this time the device will be stored securely until they can.
- The full policy can be found by clicking [here](#).



CONSENT FOR SPORTS FIXTURES

On Monday 18th September Parents/Carers were informed of our new sports fixtures consent process via schoolcomms.

Every academic year we will be sending the form to you via schoolcomms and gathering consent which will be valid for the duration of the full academic year. Please refer to the letter sent for more details regarding this.

Please be reminded that if you have not completed the form, please do so by Wednesday 27th September. The link to the form can be found on the letter dated 18.09.23.

Thank you.

MATHEMATICS - LEVEL III AWARD

A very special congratulations goes to Devika in Year 9 who has been given a Level III Award for achieving 6000 points for completing Parallel's parallelograms on a regular basis!

This is a truly impressive achievement and the school is very proud of her.

IS MY CHILD TOO ILL TO ATTEND SCHOOL?

We are aware that the COVID-19 pandemic may have caused some parents/carers to feel less confident with assessing whether their child is well enough to be in school so the Government have laid out some information which we hope you will find helpful.

It is usually appropriate for parents/carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.

Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

We would encourage parents/carers to visit the [NHS "Is my child too ill to attend school?"](#) guidance which has further information.





SUMMER PHOTOGRAPHY COMPETITION

Thank you for all of your wonderful entries. It was a tough decision but I'm pleased to announce that these 4 pictures were chosen as our winners! Please come to E23 and see Mrs Henderson to collect your edible prize 😊

KS3: Anya V 9,

KS4: Sehej K 10



Compton Bay Beach, Isle Of Wight



Durdle Door Beach, Dorset,
UK

KS5: Anika S 12

Staff: Mrs Reilly



Anstruther, Fife, Scotland.



Colorado, USA