

Wallington High School for Girls

THE WALLINGTON WEEK

HEIRS OF THE PAST, MAKERS OF THE FUTURE

TUESDAY 7TH MAY 2024



May Newsletter - Mental Health Awareness Week 2024

Mental Health Awareness Week 2024 will take place from 13th – 19th May, focusing on the theme of “Movement: Moving more for our mental health”. Mental Health Awareness Week is a key moment in the mental health calendar for everyone, including young people and adults. We recently celebrated Children’s Mental Health Week in February and raised money for “Place2Be”. Place2Be is a children and young people’s mental health charity with almost 30 years’ experience working with pupils, families and staff in UK schools. We also acknowledged Parent Mental Health Day on Saturday 27th January 2024. This day provided an opportunity for parents and carers to acknowledge and discuss their struggles as parents but also share in their achievements.

At Wallington High School for Girls, our approach to mental health is part of a consistent whole school approach which involves providing a structured school environment with clear expectations of behaviour, well communicated social norms and routines, which are reinforced with highly consistent consequence systems. This is paired with an individualised graduated response in the form of our Social, Emotional and Mental Health Provision Map which can be found in our Mental Health Policy on our website.

To read more of this article click [here](#).

Message from the Headteacher



Saying goodbye and good luck to Year 11! We are all so proud of you and all that you have achieved, and we are very excited that so many of you will be coming back for your sixth form studies later this year. I hope that you work hard for your exams, stay organised and focus on each exam as it comes up. You will not be defined by these outcomes, but I am sure you will want to do your best, so that whatever you achieve you

will feel proud of yourselves.

Year 12s – you are doing so well! I even heard one of you say you were so excited about sitting one of your papers! Keep up the good work.

Student Council members – we have an exciting **Women in Leadership Conference** coming up in July and I will share the details with you soon. The day will bring together all the leadership teams from across the three schools in The Girls Learning Trust.

- Ms T O'Brien
Headteacher

National Events



Tue May 7th, 2024 ♥ 134

National Teacher Day >

This event card features a photograph of a female teacher with glasses and a white shirt smiling and talking to two young students, a boy and a girl, in a classroom setting. A small chalkboard with a drawing is visible in the background.



Tue May 7th, 2024 ♥ 8

Children's Mental Health Awareness Day >

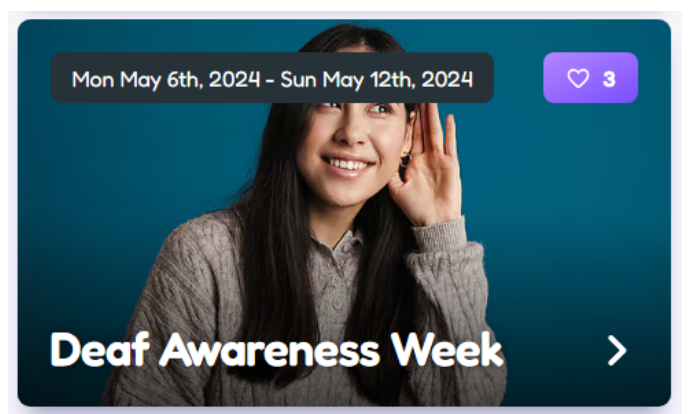
This event card shows a young boy sitting on the floor in a hallway, leaning against a grey chalkboard. He has his head buried in his arms, suggesting a state of distress or sadness.



Sat May 4th, 2024 - Fri May 10th, 2024 ♥ 0

Red Cross Week >

The event card displays several children's hands reaching out to touch a large red circle with a white cross in the center, which is the symbol of the Red Cross.



Mon May 6th, 2024 - Sun May 12th, 2024 ♥ 3

Deaf Awareness Week >

The event card features a young woman with long dark hair smiling and holding her hand to her ear, as if listening intently or miming a deaf person.

Upcoming workshops

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



WOULD YOU LIKE TO TALK ABOUT YOUR YOUNG PERSON AND GET SOME NEW IDEAS OR STRATEGIES?

PENDING AVAILABILITY, YOU WILL BE ALLOCATED A 30 MINUTE SLOT BETWEEN THESE TIMES.

COGNUS
No Limits on Learning

AUTISM ADVICE SESSION FOR SUTTON FAMILIES

~~9TH FEBRUARY 1PM-4PM~~
~~13TH MARCH 10AM-1PM~~
~~17TH APRIL 9.30AM-12.30PM~~
9TH MAY 1PM-4PM

BOOK BY EMAILING THEAUTISMSERVICE@COGNUS.ORG.UK

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**Tuesday 7th May -**

Year 12 exams continue...

Y13 RAG Week

A Level French Orals (7th/8th)

A Level Spanish Orals (7th/8th)

Late detentions (15:10-15:30 – E06)

Parent Focus Group meeting
(18:30 – 19:30 - Loc TBC)

Wednesday 8th May -

Year 12 exams continue...

Y13 RAG Week

A Level French Orals (7th/8th)

A Level Spanish Orals (7th/8th)

Y8 HPV Vaccinations (08:30 – 13:10 – Main Hall)

Central detention (15:10 – 15:30 – E06)

Late detention (15:10 – 15:30 – E06)

Thursday 9th May -

Year 12 exams continue...

Y13 Last Day/Y13 Leavers' event

Late detention (15:10 – 15:30 – E06)

Nantes Parent Information evening
(18:00 – 19:00 – Main Hall)

Friday 10th May -

Year 12 exams continue...

Central detention (15:10 – 15:30 – E06)

Late detention (15:10 – 15:30 – E06)

Y9 Cause for Concern data
deadline 16:00

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



Disney Parenting Guide

Please click [here](#) to find a parental guide from Disney on the controls you can put in place to monitor what your children are watching on the streaming platform Disney Plus.

- Miss M Gough
Assistant Headteacher
Designated Safeguarding Lead

Supporting young people with exam stress

We are aware that exams have the potential to exacerbate feelings of anxiety and stress amongst young people. That is why it's important that whilst students should be encouraged to work hard, this should not be at the expense of their wellbeing. There is a range of advice and guidance for students and parents to help alleviate or lessen the anxiety they have about sitting exams, including:

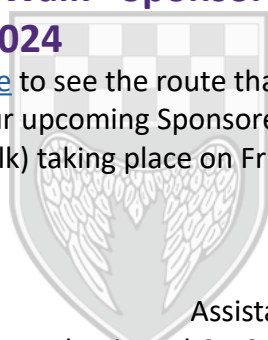
- NHS Help your child beat exam stress
- Anna Freud: How to identify the signs of academic stress, and ways to help
- Student Minds – resources, tips and blogs about exam stress
- Ofqual: Coping with exam pressure – a guide for students

Young Minds also have a series of support pages aimed to help young people with exam stress and anxiety. Follow this link for information on how you can support your child - [Parents' Guide To Supporting Children At Exam Time | YoungMinds](#)

- Miss M Gough
Assistant Headteacher
Designated Safeguarding Lead

Wallington Walk - Sponsored Walk 24th May 2024

Please click [here](#) to see the route that we will be following for our upcoming Sponsored Walk (Wallington Walk) taking place on Friday 24th May 2024.



- Mr J Parkinson
Assistant Headteacher
Academic and Co-Curricular Support

Sextortion - UK wide alert from the National Crime Agency

All schools in the UK have recently been sent information from the National Crime Agency, raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). Children and young people worldwide are being targeted.

This type of crime involves an adult offender (often from an organised crime group based overseas) threatening to release nude or semi-nude images and/or videos of a child or young person, unless they pay money, or meet another financial demand, such as purchasing a pre-paid gift card. Victims of any age and gender can be targets, however a large proportion of cases have involved male victims aged 14-18.

A child or young person is never to blame if they have been a victim. Offenders will have tricked, groomed and/or manipulated them into sharing an image.

Find out more about online blackmail on CEOP Education's parents and carers [website](#).

- Miss M Gough
Assistant Headteacher
Designated Safeguarding Lead

Year 11 Prom 2024

Tickets are now available for purchase via ParentPay for the Year 11 Prom. For more information about this event please refer to the communications sent on Friday 26th April 2024.

- Miss T Aldemir
Events and Communications Manager
CCF Coordinator



MAKERS OF THE FUTURE DAY

Recently, our Year 12 students had an eventful and insightful experience during the 'Makers of the Future Day.' Students engaged in talks led by universities, industry experts, and alumni, all aimed at guiding them towards making informed decisions about life after school.

The day was packed with valuable sessions, including discussions about future career paths and higher education opportunities. Our students had the chance to understand the process of exploring and applying for future careers, learn about the UCAS process for applying to higher education and learnt essential information about student finance. Furthermore, the event aimed to highlight alternative routes and career pathways, with a specific focus on apprenticeships.



CAREERS & HIGHER EDUCATION FAIR

In addition, the afternoon featured the Wallington Careers and Higher Education Fair, providing students with first hand access to valuable resources and information to aid them in their future endeavours. Notable attendees included Kings College London, Queen Marys, Birmingham and Southampton University, NHS, Deloitte, Morgan Stanley, UBS and Commerzbank.



Students were given the invaluable opportunity to interact with experts from both higher education institutions and various industries, as well as connect with Wallington alumni who shared their experiences and insights.



Overall, the 'Makers of the Future Day' was a resounding success, equipping our Year 12 students with the knowledge and confidence to embark on their journey beyond Wallington Girls with clarity and purpose. We extend our gratitude to all the speakers, organisers, and participants who made this day possible.

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.

