



Wallington High School *For Girls*

HEIRS OF THE PAST, MAKERS OF THE FUTURE

THE WALLINGTON WEEK

MESSAGE FROM THE HEADTEACHER

The majority of Year 11 students have now completed their GCSE examinations, with just a few options subjects left to go early next week. The year group have been exemplary in how they have approached these exams and their conduct in school during the time; I have received glowing feedback from some invigilators and staff who have worked with Year 11 over the past couple of months, so a huge well done to everyone. I am sure many of the year group will be looking forward to celebrating the end of the exams at their Year 11 Prom next Friday. Next week is also the turn of Year 10 who finish off the exam season with their End of Year 10 internal examinations.

This week has also seen Y9 have a drugs education talk led by the Daniel Spargo-Mabbs foundation as part of their PSHCE curriculum and we look forward to welcoming them back later this month to talk to Year 8 on the dangers of vaping. This is a really important topic and one which is becoming more common in young people's lives.

As you will note later in this edition, on Tuesday we had the KS3 music recital where over 40 students took to the stage to perform for parents and their peers. Well done to everyone involved.

Special congratulations go to Mugdha in Year 7 who has achieved a Gold Award in the Data Science Olympiad and now goes on to an international competition. This involved her independently teaching herself some Year 12 level mathematics and is a really significant achievement. Mugdha has written account in this newsletter for us to read.

Wishing you all a pleasant weekend.

- MRS C GODYN

UPCOMING WORKSHOPS:

PARENT WORKSHOP: SEN DROP IN

Date and time: Mon 19th June, 17.30-18.30

Facilitator: Mr Craig Smillie (SENCo), Dr Sally Wallis (Assistant SENCo) and Tracey Matthews (Adapt to Learn ASD Specialist)

Location: This event will be held at WHSG

Mr Craig Smillie (SENCo), Dr Sally Wallis (Assistant SENCo) and Tracey Matthews (Adapt to Learn ASD Specialist) will be available to speak to parents of those students who have SEN. This will be an informal session where parents can ask questions, share experiences and gather ideas for supporting their child with SEN.

PERFECTIONISM WORKSHOP

Date and time: Tues 27th June, 18.00-19.30

Facilitator: Professor Roz Shafran from The Charlie Waller Trust

Location: This is a virtual event - [Click here to sign up](#)

This webinar is designed to support participants' understanding of unhealthy perfectionism and give some ideas for how to begin the process of change.

We will explore:

- The difference between unhealthy perfectionism and healthy striving for excellence
- The negative impact of perfectionism in a variety of areas, including mental health
- The research showing the approach that has been found to be helpful
- Strategies to help reduce unhealthy perfectionism



PARENT WORKSHOP: TRANSITION FROM PRIMARY TO SECONDARY SCHOOL

Date and time: Wed 5th July, 18.30-20.00

Facilitator: Hayley Cameron and Steve Welding
- Education Safeguarding Manager and Education E-safety Adviser from Cognus

Location: This is a virtual event - Zoom

Hayley Cameron and Steve Welding from Cognus will be providing parents with helpful hints and tips on how to support their child as they transition from Primary to Secondary school. The Education Welfare Officer will also be on hand to provide guidance on attendance and the legal framework around school absence.

The link is [here](#) for this online workshop: Join Zoom Meeting

Meeting ID: 857 6601 4007

Passcode: 184495

CHILDREN BEING LEFT AT HOME

As Summer approaches, and with it the warmer weather, we often see an increase in cases where children are left 'home alone' by parents/guardians, even if only for a very short period of time. With each case being individual and next steps often dependent on level of risk, many factors including child's age, their perception of risk, and the period of time left, have to be taken into consideration. The NSPCC website has a great tool/quiz to assist both professionals and parents/guardians on this subject, to read please click [here](#).

ONLINE SAFETY

In this article, you'll find a range of resources, games, and guides that you can use together with your children to equip them with the know-how and the skills to connect safely with others online. To read, please click [here](#).

VISIT TO LONDON DOCKLANDS

"Last week, we went to Canary Wharf to investigate how The London Docklands has changed since the 1960s. We conducted environmental surveys, pedestrian counts, soundscapes, fieldsketches, transect surveys and most importantly visited the London Dockland Museum. I really enjoyed the trip, especially the great weather, and trying to count 200 people rushing past you in 5 minutes! It was a great day out and most importantly, we collected very successful data".

- Phoebe, Year 10.





ART & PHOTOGRAPHY EXHIBITION 2023

A Level and GCSE Art & Photography Students should be so proud of their hard work over the last two years, the recent exhibition looked fantastic and we can't wait to share images of individual pieces on our art Instagram page during the Autumn term, once all the grades are finalised. Follow us on Instagram: @art_at_wallington_girls.



GLOBAL DATA SCIENCE OLYMPIAD

The Global Data Science Olympiad is a prestigious event that occurs once a year. This event is organised by the UK STEM Ambassador and Enterprise Advisor, Education Trust. The collaborators for this event are UCL, Stanford University, Microsoft, Meta and AWS. It is a one-hour exam that contains 50 questions. These questions are regarding Calculus, Python Programming Language, Statistics and Probability. The Olympiad took place between 27th May to 30th May. There are three reward categories: gold, silver, and bronze. All participants who receive a gold certification in the preliminary exams will get a chance to participate in the international data science championship. The winners of the championship will get to visit and participate in the Global Data Hackathon in December 2024 in London, UK.

Due to Mudga's achievement of a Gold certification, Mudga will now compete against USA, UAE, UK and India in the last phase of the international championship.

KS3 MUSIC RECITAL

On Tuesday 13th June, it was a pleasure to host our Key Stage 3 Recital, the second of the year. With 40 students participating, these occasions are always a wonderful opportunity to hear our students perform across a range of musical styles performed, from Baroque to Jazz to Rock. The standard of performances was high and we hope the students valued the opportunity to develop their performing skills in front of an appreciative audience.

Zara, who performed on the piano, writes:

"The music concert was phenomenal, and it was a pleasure to perform in it. I loved the fact that everyone could have a part in it if they volunteered for the recital."

Some of the students will be performing their pieces again as part of their graded music exams, and we wish them every success with these. Many thanks to parents, carers and instrumental teachers for supporting the students in their preparations and, most importantly, well done again to all those students who took part.





May 2022

Online Safety Shareable by:

ineqe
SAFEGUARDING GROUP
oursaferschools.co.uk

Exam Stress

5 Tips To Thrive This Exam Season

Do you recall the stress of exam season when you were at school? Hours of studying, sleepless nights and then the big day arrives; you find your place in the exam hall, turn over the page and try desperately not to crumble under the pressure.

For young people today, exam stress is no different – although it could be speculated that, if anything, it's worse. The pressures of social media, the impact on mental health from the pandemic and lockdowns and the interruptions to their education from the same, may all have their part to play in why increasing numbers of children and young people are turning to organisations like Childline for help with exam anxiety.

Good vs Bad Stress?

Some people will experience good stress that motivates them to revise and work hard, allowing them to perform at a higher standard. This sort of stress can be well within some young people's coping abilities. Bad stress refers to when someone experiences feelings of anxiety, mental suffering, affliction or it has negative implications.

How Can You Help?

1. Talking and Listening.

One of the first factors to consider is choosing your timing - don't pick a time in which they might feel rushed or distracted.

It may feel logical to ask a young person to come sit on the sofa or at the dining room table, but this could create an atmosphere of intensity – or, even worse, like they're in trouble! Instead, try open a conversation when you're in a more casual setting and with perhaps less intense eye contact! For example, when on a walk, out for dinner or in the car.

Ask open questions, i.e., questions that don't have a 'yes' or 'no' answer. Open questions allow space for the person answering to talk, rather than just give a short response that could 'kill' the conversation.

If you can, acknowledge that this might be a difficult time and that you know exams can cause stress and emotional upset.

For Example

I'm sure going through this period of your life with exams and studying must be very stressful – how are you feeling?

I remember being very stressed when I was doing exams and I could have used some extra support – what would you like me to do to support you through this time?

3. Be Understanding.

Be flexible when it comes to your expectations; chores may have to take a backfoot for a while. If the young person in your care is struggling to cope, they may not have enough emotional 'room' to deal with other issues or situations – they aren't being selfish, their emotional capacity is simply 'full'.

It is important to remind young people to keep exams in perspective – they are short term and will eventually end, meaning the feelings of pressure and stress they have will end too.

4. Use Tech for Good.

Phones, laptops and gaming consoles are a big part of young people's daily lives – but in times of stress, they can become a force for good or for bad.

Look together at apps and websites that could potentially help to minimise their anxiety about exams, such as yoga and mindfulness apps. Understand that their screens may be the escape they require, despite it appearing outwardly unproductive. Connecting through social media, watching Netflix or playing a game may be the 'off-time' they need to keep them balanced and avoiding burn out.

2. Know the Signs and What to Do.

Don't be afraid to seek support for children in your care if they display a number of the following signs that may be indicative of exam stress:

- Inability to sleep, eat and/or socialise.
- Uncontrollable feelings of anxiety, anger, stress and/or worry.
- Panic attacks, self-harm behaviours, and emotional outbursts.

If you are concerned about them, knowing where to turn to next is important – talk to the young person/people you support about organisations that can help, such as Childline.

5. Support Healthy Routines.

Alongside healthy screen time routines, it's important to make sure other aspects of a healthy lifestyle are being maintained, such as sleep hygiene, healthy eating habits and exercise.

Ensure your young people are aware of their own boundaries and when they need a break - there are apps available for this purpose. It can assist in ensuring they are revising in manageable amounts; not too much and not too little!

It's thought that when we sleep, our brains process information to create memories, a vital function when learning and retaining information. Physical activities like exercising, going for a walk or playing with your dog can be the break from school and screens that a young person needs. Exercise has many benefits to our physical and mental health.



CAREERS NOTICEBOARD

For the latest careers news visit: **WHSG Careers Noticeboard**



UPCOMING EVENTS

Springpod highlights:

Siemens - All about engineering and technology from one of the biggest innovators

Allied Health Professionals: Online Work-Related Learning

Speakers for Schools Highlights

Tata Consultancy - Digital Explorers Virtual WEX 10th-14th July

Multiple In-person and Virtual experience at **South London & Maudsley Hospital** e.g. 3 day virtual WEX in Nursing (17th-19th July) or A glimpse into the work of Allied Health Professionals 5 day in person WEX (17th-21st July)

Unifrog webinars

Meet the Russell Group - 19th June

How to ace your Personal Statement - 19th June

Applying to the Arts - 20th June

Applying to Medicine and Healthcare - 21st June

Medic Mentor - Free virtual conference 25th June

Morgan Stanley - Summer Academy: Six week webinar series designed for students in Year 11-13 for inquisitive minds who are interested in gaining an understanding of Morgan Stanley, the industry and key topics. Application deadline 9th July

Doctors Live: Immersive Surgical Experience Gain an insight into the fascinating world of surgery in our virtual operating theatre. For students aged 14+ passionate about gaining an insight into the world of Healthcare and STEM - 24th June.

See [Careers Noticeboard](#) for latest info.

CAREER SPOTLIGHT

SECTOR SPOTLIGHT - BUSINESS

About Business

The business sector relates to a broad range of opportunities and continues to rapidly grow. All organisations need business staff whether they are big or small. In short, it's the backbone of a company ensuring that a company remains profitable. Most companies hire business professionals - from engineering to law and healthcare, but also a whole host of types of jobs across all industries. Breaking into the business world offers unrivalled opportunities to support an organisation in its mission. Are you a born leader? Fast thinker? Natural problem solver? If so, a career in business could be right up your street!

What can I do?

Whether your career goal is to work your way up to a business management position or to forge a career in HR or consultancy, a career in this sector presents a broad range of opportunities. In fact, there are too many to cover them all so we've compiled a list of the most popular routes. These include:

Business management

Business managers have a diverse range of responsibilities. From overseeing operations to managing budgets and training new employees - this career screams variety! Typically, business managers also provide assistance across other departments to increase productivity.

Working hours **35 hours per week (avg)**

Salary **£58,240 (avg)**

Projected growth **3.3%** over the period to 2027

54.8% of the workforce will retire

Combine the two together **131,600 jobs** by 2027

Sales

You will sell products and services using methods of persuasion to prospective customers. From analysing the cost/benefit of a product and service to building lasting relationships with potential clients.

Working hours **36 hour week (avg)**

Salary **£24,960 (avg)**

Projected decline **-3.2%** by 2027

However, it's worth taking into consideration that this can be much higher, as most businesses pay added commission!

69.5% of the workforce will retire

Combine the two together **53,400 job** openings

Marketing

Marketing is all about getting the word out about a product or service. There are many different avenues to marketing, from digital and social marketing to relationship marketing, each effort will contribute towards increasing sales, revenues and profits through innovation and insights. Marketing professionals are responsible for creating awareness of a brand, product or service, building relationships with the target market, creating campaigns, advertising and marketing plans and schedules.

Working hours **36 hours per week (avg)**

Salary **£33,800 (avg)**

Projected growth **3.9%** over the period to 2027

49.3% of the workforce will retire

Combine the two together **100,000 jobs** by 2027

Human resources

Human resource professionals are responsible for the implementation of staff policies, training needs, inductions, as well as staff recruitment and retention. They often need to work closely with a range of departments, promote diversity and inclusion, review staff performance and put health and safety policies in place. Other job roles of HR include recruiting staff, interviewing candidates, preparing staff handbooks and inductions, reviewing salaries, advising on employment law and dealing with disciplinary procedures.

Working hours **38 hours per week (avg)**

Salary **£24,960 (avg)**

As you progress, this can be significantly higher.

Projected decline **-3.2%** over the period to 2027

69.5% of the workforce will retire

Combine the two together **32,500 jobs** by 2027

Stats provided by Careermap's Careerometer: <https://careermap.co.uk/careerometer/> powered by UMI for All

www.careermap.co.uk

Careermap for School Leavers Issue 23 | 17

You can continue reading about the skills you need to succeed in business, the pathways and qualifications in the **Careermap for School Leavers** on the Careers Noticeboard

UNIFROG TIP OF THE WEEK Subjects Library

The Subjects library allows you to explore detailed profiles of every major university subject area with in-depth sections covering reading lists, podcasts to follow, films to watch, articles to read, and hot topics to think about.

Search for courses by keyword, or try putting in the subjects you're studying at the moment. You can also search by subject area, characteristics or interests.

Watch interviews with university students, read up on their experience and advice, have a look at their annotated personal statement, or browse the 'Recommendations' sections for books, articles, podcasts, TED talks and current issues related to your subject.

Exploring Pathways

Subjects library

✓ Subjects favoured

Go to tool >



SPORTS NOTICES



YEAR 10 CRICKET

The Year 10s beat Nonsuch in their cricket fixture and Year 9s came a close second. Well done to them!



YEAR 7 AND 8 ROUNDERS

Last week our Year 7 and 8 Rounders teams played fixtures against Carshalton Girls and Glenthorne. Our Year 7s narrowly missed out in both matches, and our Year 8s won both their matches comprehensively! Well done all!



YEAR 8 CRICKET



Year 8 cricket team beat Hinchley Wood by 54 runs this week! Great work!

For more regular updates, follow us on Instagram

@WHS GPE



Follow us on
Instagram

23 JUL — 29 JUL

BULLSEYE ACADEMY - CAMBRIDGE FINANCE SUMMER CAMP

University of
Cambridge

Bullseye Academy
London

Welcoming students 16+ from all backgrounds and
ability levels with strong passion or curiosity for
financial markets

4 days Cambridge Churchill College
2 days London Bullseye Academy

Certificate of Completion for our accredited
course with options of further studies at
Bullseye Academy

Sign up: <https://bit.ly/BullseyeAcademySummerCamp>

Enquire: info@bullseyeacademy.co.uk

Call: 0203 713 4652

Bullseye 
Academy



Fun activities including tours of Cambridge and London, socials and a Cambridge traditional formal dinner



Participate in trading competitions, networking opportunities and engage with industry leading guest speakers

Learn from industry experts covering key concepts in finance with simulated trading of global financial markets, and references and referrals to outstanding students



Price: £1,550.00

**Full room and board in Churchill College
Cambridge included**





Royal Society for the Prevention of Cruelty to Animals



Do your pupils love animals? Our RSPCA Young Photographer Awards provides the perfect opportunity to learn more about them, while developing their creative skills.

Here at the RSPCA, we want to inspire young people to connect with animals. Experiencing the natural world through photography is a great way to build this connection. So I'm writing to ask for your help in encouraging the children and young people at your school or college to give our competition a go!

The RSPCA Young Photographer Awards is a high-profile competition that's been running since 1990. It attracts thousands of entries each year and is endorsed by conservationists and professional photographers alike – including TV's Chris Packham, who sits on our judging panel.

Winning images often make the national press and many of our past finalists have gone on to careers in photography, animal welfare or conservation. This competition is a must for creative, ambitious young people who care about the natural world – and want to do something to help protect it.

Entrants don't need lots of photography experience or fancy equipment – just a camera or smartphone, a love of animals and an eye for a fantastic shot.

There are 10 listed categories young people can choose from:

- Age (under 12 years, 12–15 years, 16–18 years)
- Mobile phone and devices (under 12s, 12–15 Years and 16–18 Years)
- Pet personalities
- Pet portraits
- Small world
- Portfolio

This competition is **free to enter** and offers some amazing prizes, including a photography trip led by industry experts Natures Images, winners' trophies and certificates, and a share of £3,200 in Amazon vouchers.

Please display the enclosed poster on your noticeboards, add it to your newsletters and encourage your classes to give animal photography a go. As an extra incentive, the finalists are also invited to our prestigious Tower of London awards ceremony and exhibition, hosted by Chris Packham.

Pupils can visit: rspca.org.uk/ypa where they can read more about each category, find photography tips from past winners and pro photographers, and upload their entries.

Entries close on 15 August 2023.

Thank you for your support – we look forward to seeing their entries!

Best wishes

Christine Lunn

RSPCA Young Photographer Awards Organiser

P.S. To get this poster as a digital image please email me at: ypa@rspca.org.uk

Christine Lunn RSPCA Young Photographer Awards Organiser

RSPCA, Parkside, Chart Way, Horsham RH12 1GY

Tel: 0300 123 0100 DX 1527200 HORSHAM7 www.rspca.org.uk/advice

Patron HM The Queen A charity registered in England and Wales. Charity no. 219099 The RSPCA helps animals in England and Wales.