



Wallington High School *For Girls*

HEIRS OF THE PAST, MAKERS OF THE FUTURE

FRIDAY 15TH
SEPTEMBER 2023

THE WALLINGTON WEEK

MESSAGE FROM THE HEADTEACHER



I would like to start by saying what a great first week I have had here as the new Headteacher of Wallington High School for Girls.

The students have started / returned to school in a very positive way, with high standards of uniform, punctuality and attendance. I have been very impressed with their attitude to learning and the polite and calm way they conduct themselves around the school. They have all been very friendly and welcoming.

We have already had our first Parents Information Evening with Year 12 which was well attended and we have two more next week for Year 10 (Wednesday) and Year 7 (Thursday). Both events start promptly at 6pm. I look forward to meeting you there.

You will be glad to hear we have had a full survey of our site and we have no RAAC issues here at this school. I will shortly be sending out information about our school fund, this year we are raising money to help refurbish some of our science classrooms. As science is such a popular subject throughout the school we would really value the opportunity to ensure that we have great learning environments across all our labs.

Next week I will be doing assemblies with all year groups so I can address them formally, and I look forward to getting to know more students over the coming weeks.

- MRS T O'BRIEN

PARENT WEBINARS

The SWLSTG Education Wellbeing Service is offering evening and lunchtime parent webinars across the year to help support your teen's wellbeing and mental health. You can sign up to any of their free webinars by clicking [here](#).

Their next webinar will be an Introduction to Mental Health During the Teen Years, running on the 26th and 28th September.

Flyer attached below.

PARENTING COURSES

Sutton are offering a 6 week parenting programme for parents with children under 5 offering reflection and discussion through the Circle of Security Programme. Aims of the programme:

- Understand your child's emotional world
- Support your child to successfully manage emotions
- Enhance your child's self esteem

Flyer attached below.

SUPPORT GROUPS FOR PARENTS OF TEENAGERS WITH NEEDS

Parent Carer Peer Support Groups (Facilitator - Corinne) Sutton Carers Centre offer two groups to give and receive support, share information, experiences and gain advice:

1st Wednesday of each month 10-11:30am - September 6th. For parents/Carers of older teenagers/ young adults who have extra needs.

3rd Wednesday each month 10-11.30am - September 20th. For parents/Carers of children who have ADHD/autism/other extra needs.

A full list of groups, events and news is always available on their [website](#).



ID CARD UPDATE

Please note that the charge for replacement Lanyards and ID Cards will start again from Monday 25th September.

If you still need a replacement card, you have until Friday 22nd to undertake this without a charge.

From Monday 25th, any requests for replacement cards will come with a charge of £2.00 for a lanyard, £3.00 for an ID card or £5.00 for both.

Parents/carers will then see a new items on parent pay that allow you to pay for a replacement lanyard or ID card. These items have been added to every student account. Please only click on these items and make payments when your child has lost their card or Lanyard. Please do not make a payment without discussing with your child if one is required.



WORLD CHALLENGE 2023

World Challenge aims to teach students skills they can carry into their future, by encouraging independence, confidence, and perseverance, all while having fun! It's an enriching, once in a lifetime opportunity, where you use teamwork, make lifelong friends, and see things from a new perspective.

To prepare, we spent two years of fundraising, through organising school events, learning about the cultures in eSwatini, South Africa and Mozambique, as well as running core modules to prepare us for the challenge ahead.

We took part in a conservation project in eSwatini where we combatted alien invasive species and caught indicator species to learn about the biodiversity of the area. We also went to a local primary school, in order to teach them about conservation, and learn some of the language and about the community from them too! We visited a marine research centre in Mozambique, helping to collect data to support their ongoing projects about humpback whales, and even got to swim with a whale shark in the ocean! The biggest challenge, undoubtedly, was the trek. We dug deep and pulled together to conquer the mental and physical battles- it was such a rewarding experience! We were also lucky enough to visit Kruger National Park, and spend time with lions, elephants, giraffes and more!

We learnt so much about ourselves and the places we visited and enjoyed visiting the local markets and immersing ourselves in the culture, as well as meeting lots of people. We all had to take part in shopping and cooking for all 22 people- breakfast, lunch, and dinner. One portion of porridge doesn't seem like much now!

Quite frankly, this was an experience we will never forget. For every low there were two highs, and we hope we have encouraged you to take on the World Challenge!



WORK EXPERIENCE PROGRAMME - JULY 2023

At the end of last term, our previous Year 11 and 12 students went out on work experience, developing their skills and learning more about the career paths they may wish to pursue when they finish their education. A diverse number of businesses provided a wide range of interesting placements, and we are most grateful to them for their support. Some of which include; schools, care homes, dentists, engineering organisations, museums, hospitals, the media, banks, charities and organisations in IT, the government and animal sectors were all involved in helping students learn more about different job roles and career paths.

The feedback from employers has been overwhelmingly positive. Not only did the students showcase a genuine enthusiasm to learn and contribute, but they also demonstrated a remarkable adaptability to the dynamic working environments. Employers commended students on their work ethic, teamwork, and professionalism...

"I wanted to share how impressed we have been with her maturity, positivity, communication and sensitivity. The student really treated this experience as an opportunity to grow and share what she has learned at Wallington."

"The student's work and conduct were of a very high standard. She is well mannered and well spoken. She is pleasant and well-behaved student. She is always punctual, courteous and blended well into our office environment. It was a pleasure to have had her with us."

And in the words of one enthusiastic student...

"This week has been absolutely amazing. The team at Harrow has taught me so many invaluable skills and has reinforced my ideas of what I want to do in the future, so far this week I have been shadowing both an orthodontist and nurse and it been extremely fruitful."

Work experience for students undoubtedly offers a myriad of invaluable benefits that shape their personal and professional growth. By immersing

themselves in real-world settings, students have gained practical skills, insights into various industries, and a clearer understanding of the various career opportunities."

MAKERS OF THE FUTURE DAY - JULY 2023

At the end of last term, we held our inaugural Makers of the Future Day. The day was filled with interactive sessions, workshops, and discussions, all aimed at helping our students gain clarity and direction for their future endeavours. Whether it was learning about potential career paths, the importance of building a strong skill set, or understanding the significance of higher education.

We were lucky enough to have several employers from a wide range of professions who graciously gave up their time to share their career journeys, offering valuable advice on how to enter their respective fields. Students were able to grasp a better understanding of the day-to-day demands of these professions and the essential skill sets required to thrive in their industries. In addition to the professionals, representatives from colleges and universities also joined the event to highlight the various educational pathways available to students after leaving Wallington Girls.

Throughout the day, an array of enriching and diverse activities unfolded, aimed at empowering students with essential life skills and fostering their personal growth. The focus on mental wellbeing was given utmost importance, and students participated in various sessions that equipped them with strategies to handle stress, anxiety, and emotional challenges. Concurrently, comprehensive training in basic first aid and associated techniques was provided, ensuring that each student became a capable and responsible member of their community. A talk by the Metropolitan Police on personal safety instilled a sense of awareness and precaution among the students, complete with self-defence demonstrations to boost their confidence in uncertain situations. Lastly, the day also included a celebration of the school year's successes and the students' accomplishments.



SPORTS NOTICES



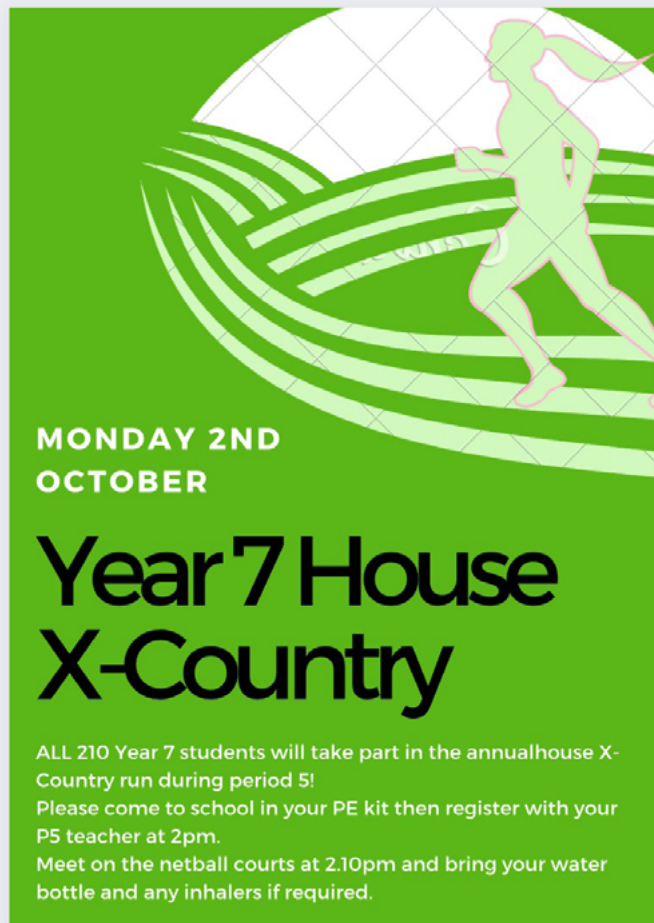
YEAR 7 HOUSE X-COUNTRY – MONDAY 2ND OCTOBER – PERIOD 5

All 210 students in Year 7 will be taking part in our annual inter-house X-country competition on Monday 2nd October during their period 5 lesson.

- Year 7 students will need to come to school in their PE kit (Games kit, purple socks and trainers or football boots). Please ensure they have their water bottles and inhalers.

Students will register with their period 5 teacher at 2pm, they will then be brought out to the school field to begin the race.

- Students will be dismissed at 3pm as usual.
- The cross country course will be approximately 3km long and the aim for student's is to do their best and try to finish as quickly as possible to score maximum points for their tutor group. Positions will be collected and go towards their house final score. The top 8 students across the year group will be picked to go on and represent Wallington Girls at the Sutton schools Borough Cross-Country competition!



**MONDAY 2ND
OCTOBER**

Year 7 House X-Country

ALL 210 Year 7 students will take part in the annual house X-Country run during period 5!
Please come to school in your PE kit then register with your P5 teacher at 2pm.
Meet on the netball courts at 2.10pm and bring your water bottle and any inhalers if required.

WHSB GYM SQUAD AUDITIONS

**Open to Y7-13
Monday 18th September
Meet at 3.05-4pm in the Gym**

Students should be performing gymnastics at a high level.
Minimum performance criteria:

- Front/back walkover
- Flic/back handspring

if you have any question please ask a teacher in the PE office.



Circle of Security Parenting



Course Starts: 13th September 2023 9.45am to 11.15am
at Tweeddale Children's Centre, Tweeddale Road, Carshalton,
SM5 1SW

Please join us for a 6 week parenting programme
for parents with children under 5 (creche provided)
Offering reflection and discussion as we work through the
Circle of Security Programme

- **Understand** your child's emotional world
- **Support** your child to successfully manage emotions
- **Enhance** your child's self esteem



What parents have said who have attended the course;

"I am a lot calmer now and I understand that every day isn't going to be great, my child just needs me to understand his feelings"

"I have better understanding of both our needs"

"I have a different awareness and I can be bigger, stronger, kinder and wiser"

"The relationship is much more positive between me and my children. There are more good days than bad because I now know how to comfort my children even on my bad days."

to book or make enquiries please call:

Amy 07511045308 or

Rachel Davey (Home-start) on 07784122196 (Booking is required)



www.sutton.gov.uk/childrenscentres

Circle of Security Parenting



Course Starts: 14th September 2023 5.15pm to 6.45pm
at Tweeddale Children's Centre, Tweeddale Road, Carshalton,
SM5 1SW

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Chenge on 07734251731 (Booking is required)



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Upcoming Events For Parents & Carers Autumn Term 2023 Supporting your teenager's mental health webinars

**26TH
OR 28TH
SEPT**

Mental Health During The Teenage Years -
An Introduction And Overview
For all secondary & college parents/ carers

Getting Into School - Common Challenges &
Supporting School Avoidance
For all secondary & college parents/ carers

**12TH
OR 18TH
OCT**

**16TH
OR 17TH
NOV**

"I Wish I Looked Like Them" - Helping Teens
Navigate Body Image Issues
For all secondary & college parents/ carers

Understanding and Supporting Teen Sleep
& Self-Care
For all secondary & college parents/ carers

**4TH
OR 7TH
DEC**

We also provide free 1:1 early support programmes for young people to support with their anxiety or low mood. Speak to your school to find out more

[Click here](#)

To view further event details and descriptions, and to book on to any of the webinars, please scan the QR Code or follow the link to our Eventbrite collection.



UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH



WELCOME BACK TO SCHOOL

*EXCITED, NERVOUS, ANXIOUS?
NOT SURE HOW THEY'RE FEELING?*

EMOTIONAL HEALTH CAN MAKE A BIG DIFFERENCE
TO CHILDREN'S PROSPECTS IN SCHOOL AND BEYOND

In Sutton, we believe in supporting children's emotional health development, and that's why we've invested in online courses in understanding your child for parents.

By understanding how your child's brain develops and responds emotionally, you can better support their needs as they navigate the big milestones in school.



- Learn to better read and understand behaviour
- Help them to communicate how they feel
- Gain psychologist-informed ideas to support your child



GO TO [INOURPLACE.CO.UK](https://www.inourplace.co.uk)

AND ENTER THE CODE TREE
FOR FREE ACCESS TO THE ONLINE COURSES