

# The Wallington Week

**Monday 13th October 2025**

We are delighted to share that our students' progress at A Level places the school in the top 25% of schools nationally according to the respected ALPS value-added measure. This means that, on average, our students make significantly more progress from their starting points than students in the majority of schools across the country – a testament to their hard work, our dedicated staff, and the strong partnership between home and school. Given our students make excellent progress (not just attainment but added value from their starting points at GCSE), adding even more value at A Level is quite exceptional. Our average A Level grade is A-, which is also quite outstanding.

On that note our Sixth Form Open Evening is on 16th October, all Year 11 families should have received an invitation to this event. Due to this event, there will be a late start on Friday 17th October. The morning schedule will be as follows:

- Gates open: 9:20am
- Registration: 9:40am
- Lesson 1 begins: 9:50am

The remainder of the school day will continue as normal.

Last week we hosted a class of Year 10 German students who took part in lessons and a tutor group activity.

We have also been celebrating Black History Month with a range of activities including assemblies, a Yoruba lesson and a fashion showcase.

After half term we will have Remembrance assemblies.

I hope you all have a lovely half term break.

– Ms T O'Brien  
Headteacher



## **Upcoming Events**

- 13<sup>th</sup> Oct- Y7 Meet the Tutor
- 16<sup>th</sup> Oct- Sixth Form Open Evening
- 17<sup>th</sup> Oct- Late Start 9:20am

## **Useful Links**

### **Co-Curricular Activities**

SOCs, the school's 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](#)

## Calendar

### Week A

#### Monday

- Y7 Meet the Tutor (Main Hall)
- Fusion showcase auditions (15.30-17.30pm)

#### Tuesday

- Yoruba Masterclass (13:25-13:55pm)

#### Wednesday

- Central Detention- 15:10-16:10pm
- Workshop 3: Autism and Eating Disorders (Virtual/Online)

#### Thursday

- Sixth Form Open Evening (17.00-20.00pm)

#### Friday

- Late start 9:20am
- BHM fashion show (13:25-13:55pm)
- Central Detention- (15:10-16:10pm)

## Attendance

**Y7   Y8   Y9   Y10   Y11**

98.14%

96.63%

97.26%

97.04%

96.29%

## Staff Messages

### Parent Workshop: Autism and Eating Disorders

**Date and time:** Wed 15<sup>th</sup> Oct 2025, 18.00-19.30

**Facilitator:** Jenny Langley - Mental Health Trainer

**Location:** This is a virtual event - Zoom

In recent years there has been much written about possible links between autism and eating disorders. There is no one recommended approach, although there is a large study currently being undertaken at the Maudsley hospital in London which is considering how treatment can most effectively be adapted for patients with a dual diagnosis of autism and anorexia. Of course, people with autism spectrum conditions (ASC) can present with a wide array of eating difficulties, not just restrictive eating. This session is aimed at providing parents and carers with the knowledge and skills to support a child with an eating problem and explore the possible links with autism.

Please see the meeting details below:

**Join Zoom Meeting**

<https://us02web.zoom.us/j/85759318427?pwd=ohgNJVdMaiT6xDtM9J3Cex3vGmU3F5.1>

**Meeting ID:** 857 5931 8427

**Passcode:** 322564

- Mrs M Sundborg  
Assistant Headteacher & DSL

### Support over the half-term break

In case you or your child need some support over the half-term break and therefore the Safeguarding team is not available, please take a look at the below. There is also more information on the school website - [Parent Resources - Wallington High School for Girls](#)

If your child is feeling low or unsafe, it is important they talk to someone they trust and tell them how they are feeling. Sometimes it can be difficult for them to talk to friends and family so here are some other places they can contact instead:

School nurse duty line - 020 8770 5409

Childline - 0800 1111

Samaritans - 116 123

Hopeline - 0800 068 4141

NSPCC - 0808 800 5000

[www.talkofftherecordonline.org](http://www.talkofftherecordonline.org) (Talking therapy)

[www.nspcc.org.uk](http://www.nspcc.org.uk) (concerned about a friend and their safety in the home)

[www.selfharmuk.org](http://www.selfharmuk.org) (if someone you know / or you is concerned about self harm)

[www.youngminds.org.uk](http://www.youngminds.org.uk) (mental health concerns of any nature)

[www.kooth.com](http://www.kooth.com) (for anonymous emotional wellbeing support)

[www.papyrus.org](http://www.papyrus.org) (if you / or someone you care for has suicidal thoughts)

- Mrs M Sundborg  
Assistant Headteacher & DSL

## Staff Messages

### What is Kick Streaming?

Many parents/carers will be aware of Twitch, especially if their children are gamers. Owned by Amazon it has become incredibly popular over the years for children to either watch live streams or to live stream themselves. In the past there has been plenty of controversy about the platform, particularly in relation to restrictions that imposed upon streamers, so it's no surprise to see other platforms becoming more popular and one of those platforms is Kick (not to be confused with Kik Messenger).

It was launched in 2022, users should be 13+ and it follows the same process as Twitch where live streamers can make money. However, much of the content on Kick is adult in nature. Internet Matters has created a useful article for parents/carers about Kick which you can find [HERE](#).

- Mrs M Sundborg  
Assistant Headteacher & DSL

### Music/Singing Lessons

We have a new singing teacher offering one-to-one lessons as part of our peripatetic music lesson offering, starting after half-term. If you are interested in your child taking lessons in school, please email the Head of Music, Mrs Ngobi ([mngobi@wallingtongirls.org.uk](mailto:mngobi@wallingtongirls.org.uk)) who will put you in touch with the singing teacher. There is also some availability on other instruments including piano, clarinet, saxophone and flute. Please do enquire if interested.

- Mrs M Ngobi  
Head of Music

### App Safety Settings

With the Online Safety Act now in force it's no surprise to see a lot of focus and scrutiny on tech companies, their features and safety settings being so prominent in the media, particularly safety settings failures. However, that shouldn't detract from the fact that safety settings are important; they're not perfect and never will be, but they are there for a reason. Take a look at the links below of the more popular social apps, all from the Internet Matters website, for information on how to ensure the correct safety settings are in place for your children:

- Discord app settings - [HERE](#).
- TikTok parental controls - [HERE](#).
- Snapchat parental controls - [HERE](#).
- Instagram parental controls - [HERE](#).
- Pinterest privacy and safety settings - [HERE](#).
- FaceTime privacy and safety settings - [HERE](#).
- WhatsApp privacy guide - [HERE](#).

- Mrs M Sundborg  
Assistant Headteacher & DSL

## Staff Messages

### Important Notice: Student Medications for Enrichment Activities – November 2025

As we prepare for upcoming enrichment activities, we want to ensure the safety and wellbeing of all students. If your child requires any medications – such as EpiPens, antihistamines, inhalers, or other essential medications – please ensure these are supplied to the school as soon as possible.

Students must also carry their own first-response EpiPen and/or inhaler during all enrichment activities. This is essential to ensure immediate access in case of an emergency.

Please note that students will not be able to participate in any enrichment activities if their required medications have not been provided or if they are not carrying their personal emergency medication.

Please check that:

- Medications are clearly labelled with your child's name.
- All medication is in-date and in its original packaging.
- You have completed and submitted any relevant medical forms for each medication to the school office/ First aid room.

Thank you for your cooperation in helping us keep every student safe and supported.

-Ms D Newell  
Reprographics & First Aid Officer



## Where tech careers begin

### Open Evening

 Thursday, November 13th

 4pm - 7:30pm





## Visit from Humboldt Gymnasium, Solingen

This week, we were delighted to welcome students and staff from the Humboldt Gymnasium school in Solingen, Germany. In the morning, each visiting student was partnered with one of our Year 10 pupils, giving them the chance to experience a typical school day in the UK.

Our guests attended a range of lessons, including History, PE theory and Computing. They also took part in hands-on technology classes in Product Design and Textiles. Apart from History, these subjects are not usually taught in German schools, so it was great that the visitors got to discover subjects different from their own curriculum.

The German students also spent time with some of our Year 8 students, exploring the school through an interactive treasure hunt around the site.

Our students were outstanding hosts - friendly, open, and enthusiastic. They were a real credit to the school, and we are proud of the positive impression they left on our visitors.

-Mrs Pye  
Head of German



## Year 9 PSHCE – MP Bobby Dean's visit

On Wednesday 1<sup>st</sup> October, Bobby Dean, the MP for Carshalton and Wallington, made a visit to WHSG to enhance our understanding of government and democracy that we have been learning about in PSHCE. It was a great opportunity for us students to get an insight into the world of politics. He explained what his job involved and how this affected himself and other people. As students in Year 9, who are currently in the process of picking our GCSE subjects, this assembly really helped open our minds to a new field of careers.

Not only this, but it was also a wonderful chance for us to embrace our curiosity and ask courageous questions to learn more about our community. Having this visit allowed each and every one of us to create a stronger bond and understanding of our society and Wallington itself. Some of us even used this occasion to put forward our ideas that could refine the wellbeing of our surroundings. For example, one of the pupils expressed great compassion for the ecosystem by suggesting that we plant more trees and invest in green energy. As a response, the pupil received a letter of gratitude from the House of Commons itself.

Even as young teens we all felt like our voices were heard, and that our opinions mattered. We all benefited from this visit and are so lucky to have been blessed with this extraordinary experience.

-Lei Ya, Hershna, Mahi  
9 Sharman



# Student Achievements

**We're thrilled to share some fantastic news from the Croydon AI Summit held yesterday!**

**Our talented student Sakthi and her brother wowed the audience with their inspiring project focused on raising awareness about microplastics through AI-powered educational games designed especially for children.**

**Their initiative has already reached over 3,000 people, spreading knowledge and inspiring action on an important environmental issue and their creativity and commitment shining through.**

**In recognition of their remarkable work, the Civic Mayor of Croydon personally presented them with an Appreciation Certificate; a proud moment for them, their family, and our entire school community!**

**You can explore their work, enjoy their engaging games, and even read their books at:**

**<https://oceanodysseygameuk.wixsite.com/oceanodysseygame>**

**On top of this, they've been offered an exciting opportunity! They will be exploring with Croydon Council on how they can contribute to local educational activities and environmentalism. We are thrilled for them and for the potential impact they'll have locally.**

**Congratulations to Sakthi for this outstanding achievement!**





## Staff Messages

### Year 13 Interview Day 19<sup>th</sup> November 2025 (9:30 – 15:00) – Volunteers Needed

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.

Thank you to all those who have volunteered for this event so far, it is very much appreciated. Further information will be sent to you in the coming weeks. We still however, require additional volunteers.

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 to give our students the confidence and a competitive edge when applying for higher education, apprenticeships or other employment opportunities in the future.

We require volunteers from all sectors but we have a particular need for; dentists and medical professionals, engineers, architects, lawyers, psychologists and individuals in accounting and finance.

#### 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](#).

-Mrs L Parkinson  
Careers Coordinator

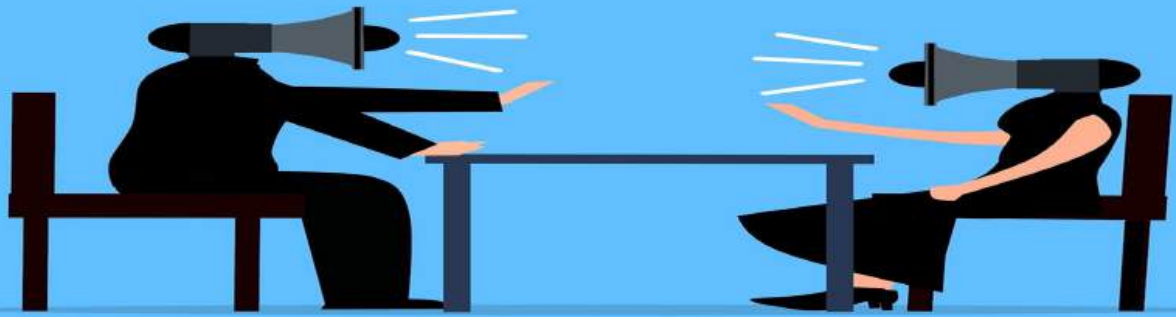
## Hans Woyda Mathematics Competition

On Monday 3rd October a group of four students, Sinyi (Y13), Joanne (Y12), Harshitha (Y11) and Alice (Y9), represented Wallington in the first round of the Hans Woyda Mathematics Competition. This is a London-wide competition in which schools compete directly against each other, answering maths questions in a very short time. We played against Trinity School and it was an exceptionally close match. Our team were amazing in the race round - solving the problems much faster than the other team. These were the questions in the race - how fast can you answer them?

Year	
7-9	1) Subtract 45% of 90 from 150% of 38.
10-11	2) Find the value of $104^2 - 96^2$ .
12	3) The internal angles of a convex pentagon are in arithmetic progression. Find the mean of the five angles.
13	4) The internal angles of a convex hexagon are in arithmetic progression. Find the median of the six angles.
7-9	5) Find how many square numbers are less than 300.
10-11	6) Find the value of $\frac{8^{(5/3)}}{2^3}$ .
12	7) Evaluate $(\sqrt{5} + \sqrt{3})^2(8 - 2\sqrt{15})$ .
13	8) Find $\int_0^{2\pi} (\cos x + 4)dx$ .

We will meet Whitgift in our second round match with Ashviya (Y13), Louisa (Y12), Aarna (Y11) and Isha (Y9) representing our School.

-Miss Tucker  
Mathematics Teacher



# Arguing Better

**A course to help parents communicate better with each other**

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Would you like to learn healthy ways to deal with stress and conflict?

If yes please come and join us at:

Carshalton Family Hub & Children's Centre  
Tweeddale Road, SM5 1SQ

**Wednesday 12th November 2025**

Start at 9.30am

Finish 12.30pm

More information contact parenting: 07873 702777

## **Parents only**

Must have a child under 19 years or 25 years with SEN living at home and be a resident of Sutton. **Please note:** Both parents don't need to attend together

**To book your space  
please scan the QR code**





# TRANSITION FROM CHILDREN SERVICES TO ADULT SERVICES

## WORKSHOP FOR PARENT/CARERS

An opportunity for parents and carers to learn more about the transition of young people with SEND from children to adult services in Sutton

**SPACES ARE LIMITED  
REGISTER NOW**

Email: [localoffer@sutton.gov.uk](mailto:localoffer@sutton.gov.uk)

With:

**Claire Jackson, Designated  
Social Care Officer**

**Meera Padhair, Transition  
Team, Adult Social Care**

**Emma Morris  
Lead EHCP Coordinator**



**10.30am to 11.30 am**



**Thursday 13th  
November 2025**



**Westcroft Leisure  
Centre,  
Westcroft Road,  
Carshalton SM5 2TG.**



Available to all parents of secondary aged children in the London Borough of Sutton. We hope to offer parents a safe space to meet other parents in a similar situation to learn more about different topics and explore new ideas that will support your child's social emotional growth and development.

**Parents will:**

*Feel more empowered and confident to trust their own judgements when supporting their children*

*Build self-esteem and confidence*

*Share ideas and tips with each other*

For more information and to register your interest and to discuss any queries please call or email either: Jackie or Michelle

Jackie: 07736338809

[jlawrence@thelimescollege.org](mailto:jlawrence@thelimescollege.org)

Michelle: 07736338605

[mcullen@thelimescollege.org](mailto:mcullen@thelimescollege.org)

# The Limes College

## Secondary Family Support Group

**When:** Thursdays at 10am-11am

**Venue:** The Limes College, Sutton West Site, Robin Hood Lane, Sutton, SM1 2SD

**Entrance:** The entrance is via the blue gates - down the drive and on the left (opposite the Family Centre and adjacent to the ball court)  
The gate is locked so a member of staff will meet you at the gate at 09.55am/10.00am to let you in.

**Dates:**

Introductions, ground rules, parenting styles  
Parent's mental health and well-being  
Attachment/Love languages  
Promoting positivity in children  
Rules, boundaries, sanctions, rewards, conflict  
Online Safety  
Supporting children's mental health, anxiety, self-esteem  
/Zones of regulation  
Adolescent brain development and impulse control  
Healthy Relationships  
Review/Endings



**All welcome**

*Whilst we know that some parents may not be able to attend every session, we do encourage parents to attend as many sessions as possible. As the group develops with each session, trust and relationships will build and parents will hopefully feel more supported by each other and grow in confidence.*

**Once you have signed up to the group, we ask that parents contact Jackie or Michelle, if for some reason you are unable to attend that week.**

# Slow Cooker Club

## Free 4 week course

Dates available from November 2025 to March 2026

### Choice of Venue:

**Carshalton Family Hub &  
Children's Centre SM5 1SQ  
Tuesday's 12:30pm - 2:30pm**

or

**Vanguard Community Centre  
Wallington SM6 9JL  
Friday's 12:30pm - 2:30pm**

- **Light Lunch provided**
- **All ingredients supplied**
- **Discover tasty recipes for the whole family**
- **Budgeting / money saving tips**
  - **Chat and cook**

### Parents only

Must have a child under 19 years or  
25 years with SEND living at home

**To book your space please use  
the QR code**



Only one space per household  
Spaces allocated on a criteria basis



## Free Slow Cooker \*

\*subject to criteria





# Getting it Right for Children

A course designed to help you parent cooperatively. When parents are separating or separated, children can often get caught in the middle.

Getting it right for children is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.

## Parents only

Must have a child under 19 years or 25 years with SEN living at home and be a resident of Sutton.

**Please note:** Both parents don't need to attend together

To book your space please scan the QR code



Carshalton Family Hub & Children's Centre

(Previously Known as Tweeddale)

Tweeddale Road, SM5 1SQ

Friday 21st November 2025

Start at 9.30am

Finish 12.30pm

More information contact parenting: 07873 702777



## Attendance

Requests for absence, including illness or appointments should be sent to:

[attendance@wallingtongirls.org.uk](mailto: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

## Contact Information and emails

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](mailto:mandrews@wallingtongirls.org.uk)

KS5 –

[jday@wallingtongirls.org.uk](mailto:jday@wallingtongirls.org.uk)

When replying to any SchoolComms emails, please use the individual contact email provided and for general enquiries use [info@wallingtongirls.org.uk](mailto:info@wallingtongirls.org.uk)



## Parking

**Parking** Please note that parents are unable to park or drive into the school grounds between the hours of 7.30am-4.30pm for safeguarding reasons.

Families can contact our reception to ask for permission, where the need arises for a pupil with mobility issues.

[reception@wallingtongirls.org.uk](mailto: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

## Punctuality

**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.

If a student is late 3 times within a half-term (roughly 6 weeks) they will receive a 60 mins detention on a Wednesday or a Friday. If the student is late again within the half-term they will receive an automatic 60 mins detention, a late report and there will be a meeting with parents. This will re-set at the start of each half-term

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.