

# The Wallington Week

**Monday 8<sup>th</sup> September 2025**

Welcome to the start of the new term and school year and a huge welcome to all our new families. It has been lovely to see all the students in school.

We share the Wallington Week to keep families updated on life in school and to highlight some of the wonderful events and achievements taking place within our community.

Our summer results were very pleasing, and I will share a more detailed summary in the coming weeks. We are still awaiting the outcome of a small number of reviews, which may adjust our headline figures. For now, a few highlights:

- A Level outcomes: 55.9% A/A\*, 84.3% A-B\*, 99.5% pass rate
- GCSE outcomes: 35.2% grade 9s, 65.1% grades 8-9, 82.9% grades 7-9

We know that examination outcomes matter, but they are also a steppingstone to the next exciting stage of each student's journey. We are so proud of what our students have achieved – and equally proud of what they are now going on to pursue.

- 224 accepted university offers
- 3 degree apprenticeships
- 141 students to Russell Group universities, including Oxbridge
- Top courses: Medicine (29), Politics (17), Biomedical Science (16), Pharmacy (12), Economics (11), Psychology (10), Law (10), Computer Science (8)
- Top destinations: Queen Mary University (21), City St George's (20), Warwick (17), Southampton (15), King's College London (14), Bath (13), UCL (12), Imperial College (12), Nottingham (10)

At the end of last term, students also enjoyed two exciting international trips – the netball tour to South Africa and the World Challenge expedition to Borneo. The photographs shared capture what were clearly unforgettable experiences.

Over the summer, significant refurbishment works took place. We now have a brand new library, a refurbished Sixth Form study area, and newly refurbished first and second floors in C Block – providing excellent spaces for our students to work and learn.

Finally, we are delighted to be participating once again in the Wings of Hope Achievement Award (WoHAA). This initiative was extremely popular last year, and we are very pleased to continue our involvement. [Wings Of Hope - Children's Charity, Empowering Through Education](#)

– Ms T O'Brien  
Headteacher



## **Upcoming Events**

- 11th September: Year 12 Social
- 16<sup>th</sup> September: SET Test – Remote Learning Day
- 17<sup>th</sup> September: Year 7 Parents' Information Evening

## **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 B

### Monday 8<sup>th</sup> September

- Qualifying Expedition D of E Silver (New Forest)
- School Production Auditions (Yr 7 and 12) (main hall 3-4:30pm)

### Tuesday 9<sup>th</sup> September

### Wednesday 10<sup>th</sup> September

- New to WHSG Y12 Lunch
- Central Detention- 15:10-16:10pm

### Thursday 11<sup>th</sup> September

- Y12 Social (lunch-P5)

### Friday 12<sup>th</sup> September

- Central Detention- (E06) 15:10-16:10pm

## Important Dates

- 16<sup>th</sup> September- SET Test (remote learning day)

## Attendance Percentages

Coming next week

## Staff Messages

### Parent Workshop: KS4 Study Skills (Years 10 and 11 Parents)

**Date and time:** Wed 8th Oct 2025, 18.00-19.00

**Facilitator:** Mr Donnelly – Assistant Headteacher for Teaching and Learning at WHSG

**Location:** This event will be held at WHSG

This workshop is for the parents of Years 10 and Year 11 students. Mr Donnelly will provide parents and carers with tips and techniques to support their child with revision and how to retain more information and knowledge. The session will also look at how we can increase students' chances of becoming expert learners.

- Mrs M Sundborg  
Assistant Headteacher & DSL

### How to Report Online Harm

There are so many apps with different reporting functions, organisations, helplines and more it can be really confusing for parents to get help. Internet Matters have a really useful page which details some of these organisations and what they can do, how to report specific issues, how to report on many of the social platforms and games and where to go for more help.

You can see all the details [HERE](#).

- Mrs M Sundborg  
Assistant Headteacher & DSL

### Careers and Lectures- Parent Talks

We are currently looking for people in our local community that would be willing to come into school and deliver a lecture to Year 13 students as part of their fortnightly lecture series. Lectures run from 12.15-1pm on alternate Tuesday's (Week B). Lectures aim to stretch students minds and enrich them beyond the school curriculum giving them insight, knowledge and understanding of a topic, theme, concept. Examples from last year include, politics and journalism, corruption, conspiracy theories, the human mind, holocaust.

Similarly I am also looking for people to come into school and deliver a short Careers focused assembly for our Year 12 students. These take place on Wednesday mornings 8.30-9am (25mins presentation time). I am particularly looking for people in the Allied Healthcare, Law, Finance, Engineering, Pharmaceutical Industries, however warmly welcome volunteers from all fields.

If you feel you would be able to contribute to our lecture programme by delivering a 25-40minute career assembly or lecture I would love to hear from you, please email Mrs S Collins at: [scollins@wallingtongirls.org.uk](mailto:scollins@wallingtongirls.org.uk)

- Mrs S Collins  
Assistant Headteacher & Head of Sixth Form

# Parent Survey – Summer 2025

Last term, we invited parents and carers to take part in a survey, conducted across all three schools in The Girls' Learning Trust. As a school we run this annual survey to understand what our community feels we do well and where we could improve.

As we now welcome many new families to our school, I would like to share a summary of some of the results and outline how we plan to respond to areas identified for development.

## Safety and Wellbeing

93% of families reported that their child feels safe at school. While this is a strong result, our aim is always 100%. We will continue to reinforce messages to students about staying safe in school, online, and when travelling to and from school. Students can also report any concerns anonymously via the SHARP system on our website. 90% of families said their child is happy at school, and 88% said their child enjoys attending. We are proud of the breadth of our curriculum, our wide range of clubs and societies, and our programme of trips and visits. Nevertheless, we will seek further student feedback to explore additional opportunities to enhance enjoyment and engagement.

## Teaching and Learning

90% of families felt that the school's overall approach to learning meets their child's needs. This year, inclusion and inclusive practice are a whole-school priority. 84% agreed that our approach to marking and assessment fits their child's needs. We are continuing to develop a more responsive and formative approach to assessment, ensuring that feedback supports progress effectively.

## Behaviour and Attendance

89% of families felt the school's approach to behaviour meets their child's needs. Following student feedback, we have made changes to our late detention system, moving away from same-day detentions. 97% agreed that our approach to attendance meets their child's needs. We have worked hard to maintain regular communication between school and families, supporting our high expectations in this area.

## Communication

Only 59% of families reported being fully satisfied with the way the school communicates with home. While we provide a weekly bulletin, regular website updates, and monthly detailed news items, we recognise that communication can always be refined. Over the coming months, we will review our communications strategy and will be seeking your views via a short survey.

## Parents' Evenings and Reporting

Some parents commented on our school reports and parents' evenings—both of which we review annually. Mr. Donnelly regularly runs our Parent Forum, and I encourage you to contact him if you have suggestions in these areas.

## Parent Endorsement

89% of families would recommend our school to other parents. Comments included:  
*My daughter is performing well and thriving at this school. She is being pushed academically and personally in a safe environment. I have been delighted to see the camaraderie among pupils at events like orchestra, dance and other recitals.*  
*We've had a great experience so far! Very good balance of developing my child academically, socially and psychologically.*

## Next Steps

The survey has given us a great deal to celebrate as well as clear areas to develop. Please be assured that we are a listening school, committed to acting on feedback. We will continue to work in partnership with you to ensure that every student thrives—academically, socially, and personally—over the year ahead.



# Canteen Menus

Cucina

## WEEK 2

Week Commencing: 01/09/2025 22/09/2025 13/10/2025 03/11/2025

### CLASSIC HOT & HEARTY

#### CLASSIC MAIN MEALS

##### MONDAY

Traditional Sausage & Mash with Onion Gravy

##### TUESDAY

Chicken Arrabiata Pasta Bake with House Salad

##### WEDNESDAY

Hand Carved Roast British Turkey, Crisp Roasties, Seasonal Vegetables, & House Gravy

##### THURSDAY

Kung Pao Chicken, Served with Egg Fried Rice

##### FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

#### VEGETARIAN MAIN MEALS

##### MONDAY

Vegan Sausage Casserole with Gravy (VE)

##### TUESDAY

No Waste Cauliflower Cheese Pasta Bake (V)

##### WEDNESDAY

Cheddar, Squash and Roasted Red Pepper Quiche with Garden Salad (V)

##### THURSDAY

Eggplant Katsu (V)

##### FRIDAY

Sundried Tomato & Cheddar Turnovers (V)

#### DESSERTS

##### MONDAY

Dutch Apple Cake

##### TUESDAY

Warm Blueberry Sponge

##### WEDNESDAY

Apple & Mixed Berry Crumble with Vanilla Sauce

##### THURSDAY

Banana Pudding with Custard

##### FRIDAY

Fruit, Jelly & Yoghurt Pots

Fruit and Jelly Pots Available Daily

**HOMEMADE SOUP & FRESHLY BAKED BREAD**  
Available Daily

**JACKET POTATOES**  
Topped with a Choice of: Cheese, Tuna or Beans Available Daily



**MADE YOUR WAY!**

**CHOOSE IT!  
ADD IT!  
TOP IT!**

Switch up your flavours with our street food-inspired range, available **Tuesday to Thursday**. With weekly rotating choices, there's always something tasty.

**Choose a base, add protein, and top it your way!**

Visit the restaurant to check out what's on offer each week

### NATURally

#### MONDAY

Buffalo Cauliflower Wings on Salt & Pepper Wedges (VE)

#### TUESDAY

Vegan Singapore Noodles (VE)

#### WEDNESDAY

Singapore Fried Rice (VE)

#### THURSDAY

The Big Plant Burger (VE)

#### FRIDAY

Garlic & Chilli Noodles (VE)

### TRATTORIA

#### MONDAY

Tomato & Basil Pasta

#### TUESDAY

Pasta in a Cheese Sauce

#### WEDNESDAY

Mozzarella & Tomato or Pepperoni Pizza

#### THURSDAY

Creamy Pesto Pasta

#### FRIDAY

Margherita Pizza

## WEEK 1

Week Commencing: 25/08/2025 15/09/2025 06/10/2025 27/10/2025

### CLASSIC HOT & HEARTY

#### CLASSIC MAIN MEALS

##### MONDAY

Lemon & Herb Piri Piri Chicken with Spicy Rice

##### TUESDAY

Chicken Chow Mein

##### WEDNESDAY

Honey Glazed Roast Gammon or Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

##### THURSDAY

Mexican Style Beef & Tortilla Lasagne

##### FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

#### VEGETARIAN MAIN MEALS

##### MONDAY

Piri Piri Quorn, Macho Peas and Spicy Rice (VE)

##### TUESDAY

Hoisin Tofu Chow Mein (VE)

##### WEDNESDAY

Crunchy Topped Macaroni Cheese, House Salad or Seasonal Veg(V)

##### THURSDAY

Smokey Plant Based Chilli, Served with Rice, Nachos & Corn (V)

##### FRIDAY

BBQ Bean Burger with Chunky Chips & Peas (V)

#### DESSERTS

##### MONDAY

Spiced Pineapple Cake with Vanilla sauce

##### TUESDAY

Apple Strudel & Custard

##### WEDNESDAY

Chocolate Sponge & Chocolate Sauce

##### THURSDAY

Cookie Dough Fruit Crumble

##### FRIDAY

Fruit, Jelly & Yoghurt Pots

Fruit and Jelly Pots Available Daily

**HOMEMADE SOUP & FRESHLY BAKED BREAD**  
Available Daily

**JACKET POTATOES**  
Topped with a Choice of: Cheese, Tuna or Beans Available Daily



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### NATURally

#### MONDAY

Pakistani Tarka Dhal (VE)

#### TUESDAY

Vegan Singapore Noodles (VE)

#### WEDNESDAY

Vegan Ramen Bowl (VE)

#### THURSDAY

The Big Plant Burger (VE)

#### FRIDAY

Garlic & Chilli Noodles (VE)

### TRATTORIA

#### MONDAY

Tomato & Basil Pasta

#### TUESDAY

Pasta in a Cheese Sauce

#### WEDNESDAY

Mozzarella & Tomato or Pepperoni Pizza

#### THURSDAY

Creamy Pesto Pasta

#### FRIDAY

Margherita Pizza

Cucina



# WEEK 3

Cucina

Week Commencing: 08/09/2025 29/09/2025 20/10/2025

## CLASSIC HOT & HEARTY

### CLASSIC MAIN MEALS

#### MONDAY

Creamy Tuscan Chicken with Smoked Paprika Wedges

#### TUESDAY

Beef Bolognese with Wholemeal Pasta & House Salad

#### WEDNESDAY

Roast Shoulder of Pork or Salt & Pepper Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

#### THURSDAY

Chicken Tikka Masala with Pilau Rice

#### FRIDAY

Chip Shop 'Fryday' Fish, Pizza or Fishcake & Chips with Peas and Tartare Sauce

### VEGETARIAN MAIN MEALS

#### MONDAY

Baked Courgette & Tomato Gratin with Smoked Paprika Wedges (V)

#### TUESDAY

Plant Based Bolognese with Wholegrain Pasta and House Salad (V)

#### WEDNESDAY

Vegan Sausage Turnover, Crisp Roasties, Seasonal Vegetables & House Gravy (VE)

#### THURSDAY

Chana Masala Served with Pilau Rice (V)

#### FRIDAY

Vegan Quorn & Ranch Burger Served with Chips & Peas (VE)

### DESSERTS

#### MONDAY

Chocolate & Banana Brownie

#### TUESDAY

Oaty Apple Crumble & Custard

#### WEDNESDAY

Sticky Lemon Sponge & Custard

#### THURSDAY

Baked Churros with Chocolate Sauce

#### FRIDAY

Fruit, Jelly & Yoghurt Pots

Fruit and Jelly Pots Available Daily

**HOMEMADE SOUP & FRESHLY BAKED BREAD**  
Available Daily

**JACKET POTATOES**  
Topped with a Choice of: Cheese, Tuna or Beans Available Daily



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**Choose a base, add protein, and top it your way!**

Visit the restaurant to check out what's on offer each week

## NATURally

### MONDAY

Fork Friendly Falafel Kebab (V)

### TUESDAY

Vegan Singapore Noodles (V)

### WEDNESDAY

Spiced Paneer & Red Onion Naan (V)

### THURSDAY

Onion Bhaji Skewer with Bombay Potatoes (VE)

### FRIDAY

Garlic & Chilli Noodles (VE)

## TRATTORIA

### MONDAY

Tomato & Basil Pasta

### TUESDAY

Pasta in a Cheese Sauce

### WEDNESDAY

Mozzarella & Tomato or Pepperoni Pizza

### THURSDAY

Creamy Pesto Pasta

### FRIDAY

Margherita Pizza

6

## DAILY MEAL DEALS

Bringing You Great Value Every Day!

**CHOOSE ONE FROM**

+

**CHOOSE ONE FROM**

1

### MAIN MEAL

Choose from our daily changing main meals

2

### SELF-SERVE SALAD BAR

With a range of fresh salads to choose from

3

### 12OZ PASTA POT

Daily changing sauces

4

### JACKET POTATO

with 2 toppings

5

### SUB ROLL

Made fresh on site daily

**DESSERT OF THE DAY OR PIECE OF FRUIT**

**ALL MEAL DEALS**

£ 2.75

OR

6

### CHILL DEAL CHOOSE 4

1 Filled Roll, 1 Snack Pot 4oz, 1 Small Home Bake, 1 Yoghurt Pot 4oz

**chill deal**

# TARIFF SEPTEMBER 2025

| BREAKFAST                       | PRICE       | HOMEBAKES                                |             |
|---------------------------------|-------------|--|-------------|
| Breakfast Roll                  | £1.55       | Muffins                                  | £1.45       |
| Mini Breakfast Baguette         | £1.55       | Small Cakes/Cookies                      | £1.05       |
| Breakfast Pot – 3 Piece         | £2.20       | Cookies/Brownie                          | £1.45       |
| Breakfast Wrap                  | £2.85       | Chocolate/Cheese Straw                   | £1.40       |
| Toast with Butter or Jam        | £0.35       | HOT GRAB & GO                            |             |
| Waffle with Topping             | £1.70       | Bagel                                    | £3.00       |
| Danish Pastries                 | £1.70       | Panini – Half/Whole                      | £1.55/£2.85 |
| Cereal + Milk 8oz               | £1.05       | Toastie – Whole                          | £2.30       |
| Porridge for Students           | Free        | Korean Crispy Chicken                    | £3.00       |
| Porridge for Staff              | £1.00       | Tandoori Chicken Naan                    | £3.00       |
| Porridge Toppings               | £0.50       | Wrap/Twister                             | £3.00/£3.00 |
| COLD GRAB & GO                  |             | Chicken Wings                            | £2.35       |
| Chill Deal Roll                 | £1.50       | Shawarma                                 | £3.00       |
| Deli Sub Roll/Sandwich          | £2.30       | Pizza Slice (Break Time)                 | £1.60       |
| Wrap                            | £2.90       | Falafel Kebab                            | £3.00       |
| Premium Salads                  | £3.00       | Hot Bowls                                | £3.00       |
| Basic Baguette/Premium Baguette | £2.60/£2.90 | Hot Pasta Pot – Med/Lrg                  | £1.90/£2.50 |
| Half Baguette                   | £1.55       | Jacket Potato – 1 Topping                | £2.15       |
| Cold Pasta Pot – 16oz           | £2.50       | ALL POWER BITES                          |             |
| Mezze Bag with Houmous          | £1.65       | Range of Nutritious Rice & Noodle Dishes | £1.35       |
| Protein Pots                    | £1.00       | SOUP                                     |             |
| Salad Pots                      | £2.00       | Fresh Soup Available Daily               | £1.85       |
| Jelly/Yoghurt/Fruit Pots        | £1.00       |  |             |
| Whole Fruit                     | £0.55       |  |             |

VAT on hot food and beverages will be charged at the current rate for all staff members



## TARIFF SEPTEMBER 2025

*Cucina IFG*

| DRINKS                                   | PRICE       | BREAKFAST                       | PRICE       |
|--|-------------|---------------------------------|-------------|
| Water 500ml                              | £1.15       | Breakfast Roll                  | £1.55       |
| Fruit Slush                              | £1.45       | Mini Breakfast Baguette         | £1.55       |
| Capri Sun                                | £1.30       | Breakfast Pot – 3 Piece         | £2.20       |
| Dalston Cans                             | £1.45       | Breakfast Wrap                  | £2.85       |
| Radnor 200ml Carton                      | £1.15       | Toast with Butter or Jam        | £0.35       |
| Milk/Flavoured Carton                    | £1.15       | Waffle with Topping             | £1.70       |
| <b>HOMEBAKES</b>                         |             | Danish Pastries                 | £1.70       |
| Muffins                                  | £1.45       | Cereal + Milk 8oz               | £1.05       |
| Small Cakes/Cookies                      | £1.05       | Porridge for Students           | Free        |
| Cookies/Brownie                          | £1.45       | Porridge for Staff              | £1.00       |
| Chocolate/Cheese Straw                   | £1.40       | Porridge Toppings               | £0.50       |
| <b>HOT GRAB &amp; GO</b>                 |             | <b>COLD GRAB &amp; GO</b>       |             |
| Bagel                                    | £3.00       | Chill Deal Roll                 | £1.50       |
| Panini – Half/Whole                      | £1.55/£2.85 | Deli Sub Roll/Sandwich          | £2.30       |
| Toastie – Whole                          | £2.30       | Wrap                            | £2.90       |
| Korean Crispy Chicken                    | £3.00       | Premium Salads                  | £3.00       |
| Tandoori Chicken Naan                    | £3.00       | Basic Baguette/Premium Baguette | £2.60/£2.90 |
| Wrap/Twister                             | £3.00/£3.00 | Half Baguette                   | £1.55       |
| Chicken Wings                            | £2.35       | Cold Pasta Pot – 16oz           | £2.50       |
| Shawarma                                 | £3.00       | Mezze Bag with Houmous          | £1.65       |
| Pizza Slice (Break Time)                 | £1.60       | Protein Pots                    | £1.00       |
| Falafel Kebab                            | £3.00       | Salad Pots                      | £2.00       |
| Hot Bowls                                | £3.00       | Jelly/Yoghurt/Fruit Pots        | £1.00       |
| Hot Pasta Pot – Med/Lrg                  | £1.90/£2.50 | Whole Fruit                     | £0.55       |
| Jacket Potato – 1 Topping                | £2.15       |                                 |             |
| <b>ALL POWER BITES</b>                   |             |                                 |             |
| Range of Nutritious Rice & Noodle Dishes | £1.35       |                                 |             |

VAT on hot food and beverages will be charged at the current rate for all staff members



## Education Wellbeing Service Webinar

# Mental Health During the Teenage Years

## An introduction and Overview

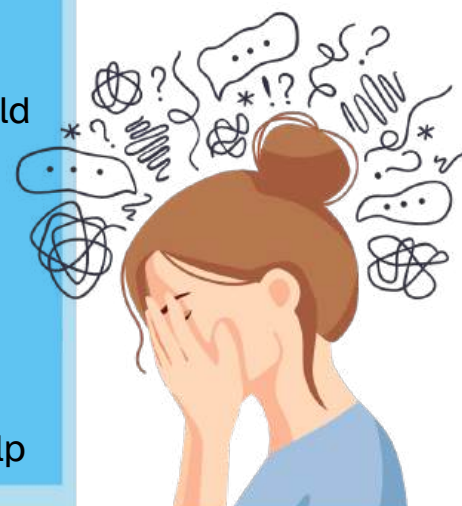
A one-hour online webinar introducing and providing an overview of mental health and wellbeing in teenagers, with practical ideas for parents and carers.

The session will cover topics including:

- What is mental health and being a teenager in today's world
  - Supporting wellbeing during the teenage years – what research tells us
- Introducing a way of thinking about teenage wellbeing – the 'three areas' model
- Responding to teenagers and communication tips
- Problem solving challenging situations and options for help

**NHS**  
South West London and  
St George's Mental Health  
NHS Trust

Education  
Wellbeing  
Service



### DATE / TIME

Wednesday 10th September  
7.30-8.30pm



Scan the  
QR code  
or  
[click here](#)

### LOCATION

Online – Hosted on Teams

Sign up to either event  
for free on Eventbrite  
by scanning the QR Code.

You can also check out  
our other events by  
[clicking here](#)

[wellbeinginschoolsevents@swlstg.nhs.uk](mailto:wellbeinginschoolsevents@swlstg.nhs.uk)

### DATE / TIME

Wednesday 17th September  
12.30-1.30pm



Scan the  
QR code  
or  
[click here](#)

# Upcoming Events For Secondary Parents Autumn Term 2025

Supporting your teenager's mental health webinars

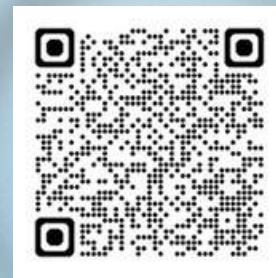
**10TH SEPT 25**  
**7.30 PM-8.30 PM**



Mental Health During  
the Teenage years

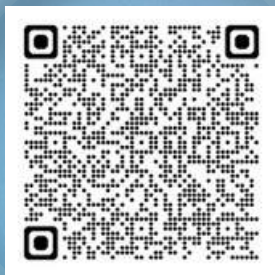
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**17TH SEPT 25**  
**12.30 PM-1.30 PM**



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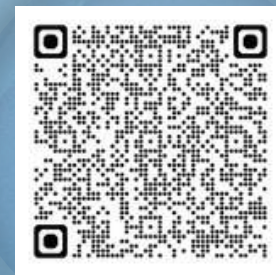
**23RD SEPT 25**  
**1 PM-2 PM**



Getting into school -  
common challenges and  
supporting school  
avoidance

[SCAN OR CLICK HERE](#)

**24TH SEPT 25**  
**6 PM-7 PM**



[SCAN OR 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.

[Click here](#)





## Upcoming Events For Secondary Parents Autumn Term 2025

Supporting your teenager's mental health webinars

**3RD NOV 25  
6 PM-7.30 PM**



Healthy habits in  
teenagers with Autism

[SCAN OR CLICK HERE](#)

**4TH FEB 26  
12.30 PM-2 PM**



[SCAN OR CLICK HERE](#)

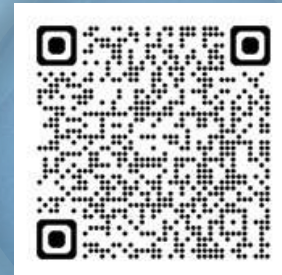
**11TH NOV 25  
1 PM-2 PM**



Understanding and  
supporting teen sleep

[SCAN OR CLICK HERE](#)

**11TH NOV 25  
7 PM-8 PM**



[SCAN OR 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.

[Click here](#)



[wellbeinginschoolsevents@swlstg.nhs.uk](mailto:wellbeinginschoolsevents@swlstg.nhs.uk)



# What Parents & Educators Need to Know about ONLINE SLANG

## WHAT ARE THE RISKS?

Slang moves fast – and for many young people, it's not just how they talk, but how they share their identity and feelings. Learning key terms helps adults connect and show understanding, even if the lingo seems baffling at first.

### GENERATIONAL MISCOMMUNICATION

Words like 'rizz' or 'slaps' can be misunderstood by adults, leading to awkward moments or a breakdown in trust. These phrases often carry subtle social meanings among young people.

### RAPIDLY SHIFTING MEANINGS

Slang changes quickly. A term like 'bop' might sound innocent one week and be repurposed the next. This makes it easy for adults to fall behind and for children to misstep.

### SHIELDING BULLYING OR EXCLUSION

Inside jokes and trending terms like 'simp' or 'NPC' can be used to mock or exclude others. What looks like harmless fun might actually reinforce social divisions or bullying.

### PERFORMING FOR THE ALGORITHM

Slang often reflects what's popular on platforms like TikTok. Young users might exaggerate or act out for likes, creating online personas that don't match their real selves.

### CONTENT MODERATION WITH CODED SPEECH

To avoid content filters, young people sometimes use slang or emojis to talk about serious topics – for example, saying 'unalive' instead of other death-related terms. This makes harmful content harder to spot.

### LONG-TERM DIGITAL FOOTPRINT

A slang-filled post might seem funny now but could resurface years later during job checks or university applications – possibly out of context, but still damaging.

## Advice for Parents & Educators

### KEEP UP, DON'T CATCH UP

Follow youth culture pages or ask your child about new slang. Staying informed shows that you're engaged and open to understanding their world.

### ASK, DON'T INTERROGATE

Use open questions to invite conversation. You're not quizzing them – just trying to learn more about their online lives.

### FOCUS ON CONNECTION OVER CONTROL

Being someone your child can talk to is more valuable than using strict filters or monitoring apps. Openness builds trust.

### ENCOURAGE CRITICAL MEDIA LITERACY

Talk about where slang comes from, how it spreads, and how it can impact others. This helps young people use language more thoughtfully.

## ONLINE SLANG CHEAT SHEET -

The following slang terms are common examples – please be aware this isn't an exhaustive list and both meaning and prevalence can change swiftly.

### COMMON SLANG:

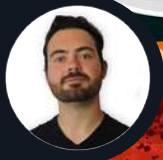
- Sigma** - Independent, self-reliant (often male) mindset; proud outsider status. Often celebrated in motivational memes.
- Skibidi** - Nonsense word from the viral 'Skibidi Toilet' meme; expresses chaos or fun. Usually harmless but pervasive.
- Chat** - The collective audience or group of viewers (e.g. on a livestream). Used when addressing followers directly.
- Lock in** - To focus, commit or get serious (e.g. before gaming or sports). Positive encouragement to concentrate.
- Cooking** - Doing something exceptionally well or gaining momentum. Opposite of 'cooked'.
- Rizz** - Charisma or flirting ability (short for charisma). Can praise social confidence.
- Aura or aura farming** - One's perceived 'energy' or vibe; 'farming' means manufacturing clout.

### POTENTIALLY CONCERNING SLANG

- Bop** - An adult content creator (e.g. OnlyFans). Indicates exposure to 18+ material.
- Gyat or gyatt** - Sexualised exclamation about someone's backside. Objectifies appearance.
- Tralero tralala / bombardino crocodilo / tung tung tung sahur** - Spammy references to AI-generated creatures with 'Italian-sounding' names. Can clog chats, derail discussion, and harass others.
- Glazing** - Overpraising or obsessively defending a streamer or celebrity.
- Crash out** - To lose control, give up or have a meltdown; sometimes hints at self harm.
- Cooked** - Ruined, exhausted or in serious trouble; sometimes mental health-related.
- Unalive** - Euphemism for death or suicide; used to avoid content filters.
- NPC** - Used to suggest someone is lacking independent thoughts or is repetitive and predictable.

## Meet Our Expert

Keith Broni is a globally renowned emoji expert and the Editor in Chief of [emojipedia.org](https://emojipedia.org), the world's number one emoji resource. He has an MSc in Business Psychology from University College London and an MBA from Quantic School of Business and Technology.



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# What Parents & Educators Need to Know about GROUP CHATS

## WHAT ARE THE RISKS?

On messaging apps, social media and online games, group chats are one of the most popular ways that children connect. Group chats allow messages, images and videos to be shared in one place and help friendships flourish; however, they also come with a number of risks.

### TEASING AND BULLYING

Children of all ages are keen to fit in socially, and group chats can sometimes complicate that process. While group chats can foster connection, they can also give way to mean comments or jokes at someone's expense, especially when others join in for laughs. When bullying happens publicly, in front of friends and classmates, it can intensify the emotional impact – adding to embarrassment, anxiety and feelings of isolation for the child being targeted.

### UNKNOWN MEMBERS

Children often can't control who is added to a group, which can lead to privacy concerns. Sharing personal details in group chats can be dangerous, and children have no control over what others do with the material they send. Some members of the chat might even decide to use such information maliciously.

### PEER PRESSURE

Children may feel they have to constantly stay engaged just to be included and keep up with the conversation. In some cases, they might partake in inappropriate behaviours – like sharing explicit photos, jokes or teasing – just to fit in. Group settings can also encourage children to act in ways they normally wouldn't, or stay silent when they know something is wrong, out of fear of being excluded. Some children may find it difficult to leave toxic group chats.

### INAPPROPRIATE CONTENT

Some group chats may include inappropriate language or imagery. Even if a child isn't actively participating in the conversation, they may still be exposed to this content simply by being part of the group. Some apps have disappearing messaging features, where content is only available once or for a few seconds, which makes it harder for children to report something they've seen.

### EXCLUSION AND ISOLATION

Exclusion in group chats is common and can take several forms. Sometimes a new group is created specifically to leave one child out on purpose. In other cases, the chat may happen on an app that a child doesn't have access to, making it impossible for them to join in. This can cause feelings of being left out – even unintentionally.

### VIDEO AND LIVE CHATS

Many popular apps allow children to engage in live streaming with interactive chats or have group video chats. Anyone can be added to these streams, and often children tag peers in the comments and have conversations which are unmoderated. There's a risk of being exposed to inappropriate or violent content and offensive language, either in the group videos or via the group chats.

## Advice for Parents & Educators

### CONSIDER OTHERS' FEELINGS

Group chats can become an arena for children to compete for social status. Help children consider how people might feel if they behave unkindly. If a child does upset someone, encourage them to reach out, show empathy and apologise for their mistake.

### SET SOME GROUP CHAT RULES

Discuss safe group chat practices, such as asking a peer for consent before adding them to a group chat, or leaving a group chat if a stranger is added. Tell children that if they're added to a group they didn't agree to beforehand, it's OK for them to leave immediately.

### BLOCK, REPORT AND LEAVE

If a child encounters inappropriate content or feels uncomfortable in a group chat, encourage them to block and report the sender and leave the group. Make sure children know it's OK to leave a group chat if they feel uncomfortable or unsafe.

### SUPPORT, NOT JUDGEMENT

Group chats are an excellent way for children to connect and feel like they belong. However, remind them that they can confide in you if they feel bullied or excluded, instead of responding to the person who's upset them. Validate their feelings and empower them by discussing how they'd like to handle the situation. You can also encourage children to speak up if they witness others being bullied.

### PRACTISE SAFE SHARING

It's vital for children to be aware of what they're sharing and who might potentially see it. Ensure they understand the importance of not revealing personal details – like their address, their school, or photos they wouldn't like to be seen widely. Remind them that once something is shared in a group, they can't be certain where it might end up or how it might be used.

### SILENCE NOTIFICATIONS

Being bombarded with notifications from a group chat can be an irritating distraction – especially if it's happening late in the evening. Explain to children that they can still be part of a group chat while disabling notifications. In fact, it would be healthier for them to do so, helping them avoid the pressure to respond immediately.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed anti-bullying and cyber-safety workshops and policies for schools in Australia and the UK. She has written various academic papers and carried out research for the Australian government, comparing the internet use and online behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday®

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# Sutton's Education Wellbeing Service

## Parent/Carer Group: Supporting your Child with Fears, Worries & Anxiety

### Is your child:

- Aged between 4-10 years old?
  - Recently (in last 6-8 months) started to struggle with worry?
  - Avoiding certain places, things or situations?
  - Finding it difficult separating from you?
- If yes, this group might be for you!**



### Topics will include:

- Learning about your child's fears/worries and how they're maintained
- Strategies to support your child to face worries in manageable steps

**Group Details:** Groups will run across 5 weekly sessions. We ask that parents/carers attend every session.

**Tuesday 16<sup>th</sup> September – Tuesday 14<sup>th</sup> October 2025**  
**(every Tuesday), 9:30 am – 11am**



**Location: The Phoenix Centre, SM6 9NZ**

Please note: Spaces are limited, so we encourage you to submit your application as soon as possible if you're interested in joining!

**Suitability:** Our Parent/Carer group supports children with mild to moderate anxiety. We ask that Parents/Carers are not engaging with other support services to avoid families getting lots of different advice.

To sign-up & register your interest, please  
complete this form:

<https://forms.office.com/e/XErbcZBfuV>

You can also complete this form by scanning  
this QR code →

We'll start with a screening call to make sure  
the group is right for you!





## 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.