

The Wallington Week

Monday 29th September 2025

We are now well and truly into the swing of the school year, and it has been lovely to see how quickly students have settled back into routines. There is much to look forward to this term, with a busy calendar of events already underway.

Year 7 netball has had a fantastic start, with lots of students taking part and showing real enthusiasm.

Letters have also gone home regarding our first Enrichment Day of the year, which will take place on Wednesday 19th November. We recognise that some of the activities can be costly; if you are finding it difficult to meet these costs, please do get in touch with our Enrichment Team. We are very keen that every student has the opportunity to take part in days like this.

I would also like to remind you of the wonderful work of our Parents and Friends Association (PFA). If you have not yet joined, please do visit the school website to see the many ways they support us. Their efforts make a huge difference to our students' experiences; recent fundraising has provided new gym equipment and digital cameras, for which we are very grateful.

As a school, we are also continuing our own fundraising efforts towards the refurbishment of four science laboratories. I will share more about this project in future newsletters.

- Ms T O'Brien
Headteacher



Quote of the Week

"The beautiful thing about learning is nobody can take it away from you."

Upcoming Events

- 2nd Oct- Year 13 MMI
- 13th Oct- Y7 Meet the Tutor
- 16th Oct- Sixth Form Open 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 A

Monday 29th Sept

Tuesday 30th Sept

Wednesday 1st Oct

- National Theatre Trip (Yr 11/13)
- Central Detention- 15:10-16:10pm

Thursday 2nd Oct

- Trip to Wakehurst Y13 x 60
- Y13 MMI 3-6:30pm

Friday 3rd Oct

- Trip to Wakehurst Y13 x 60
- Central Detention- 15:10-16:10pm

Saturday 4th Oct

- Model UN Trip - Reigate

Attendance

Y7

97.23%

Y8

97.33%

Y9

96.59%

Y10

97.05%

Y11

95.34%

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.

How to manage in-game spending.

On average, 8-17-year-olds spend £38 on in-game spending in a month. Additionally, 55% of parents worry their children feel pressure to spend online. From buying items and boosts to getting the latest expansion pack, costs add up quickly.

Internet Matters have an excellent guide for parents which includes:

- How do children spend money while gaming
- How does in-game currency work
 - The benefits and risks
- Supporting resources, and more

You can view the guide [HERE](#).

Parent Workshop: Autism and Eating Disorders

Date and time: Wed 15th 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

Free School Meals

Families who receive state benefits may be eligible for free school meals. The school also receives money from the government for each student in receipt of free school meals to go towards supporting their education. We use this funding to help with costs such as trips, uniform and remote learning as well as providing expert staffing and provision in all aspects of school life.

To check whether you are eligible and apply please follow this [link](#). If you have more than one child at WHSG you will need to complete an application for each one.

More information about pupil premium funding can be found [here](#) and a letter will be sent to parents soon to give more detail about the process

-Mr J Parkinson
Assistant Headteacher

Student Achievement

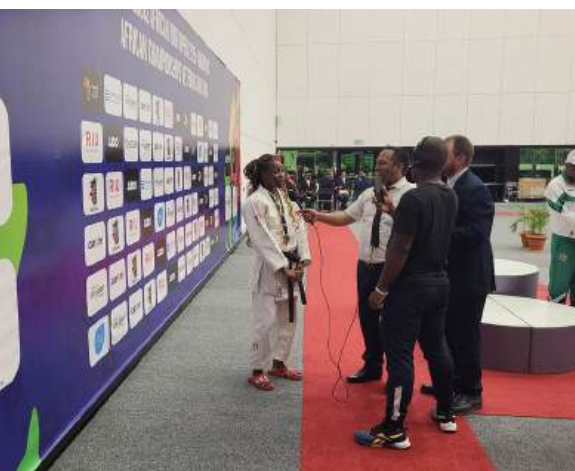
Frema at the International Judo Federation Competition – Port Louis, Mauritius (Sept 2025)

Frema represented with distinction at the IJF Competition in Mauritius, where over 200 athletes from 20 countries competed. She was the only competitor to fight in all three categories:

- Cadets (14-17 yrs): Gold Medal – now ranked World No. 41
- Juniors (17-20 yrs): Bronze Medal – now ranked World No. 71
- Seniors (20+ yrs): Narrowly missed out after two close contests

Her performance not only earned medals but also recognition on the IJF world rankings, a significant step towards possible Commonwealth Games selection.

Well done Frema on your fantastic achievement!



PARENT TRAINING WORKSHOPS

3 October	12:00-3pm	Sensory Regulation day to day strategies and practical workshop - Primary
23 October	9:30-12	Emotional Regulation practical workshop - Primary
7 November	9:30-12:00	Sensory Regulation day to day strategies and practical workshop- Secondary
5 December	12:00-3pm	Emotional Regulation practical workshop- Secondary
12 December	9:30-12:00	Supporting communication and language skills – Primary
13 February	12:00-3pm	Preparation for Adulthood- Primary (motor skills and independence)
27 February	12:00-3pm	Supporting communication and language skills – Secondary
24 April	9:30-12	Preparation for Adulthood- Secondary (motor skills and independence)

INTERESTED?

Please sign up on the Cognus website.
We can't wait to see you there!



Sutton Safety Newsletter for young people

Autumn 2025



Volunteer Centre
Sutton

In partnership with Sutton Police, Sutton Council Safetyteam, Sutton Local Authority-Cognus and Sutton Young Commissioners (Volunteer Centre Sutton).

- Young people are now working with the Sutton Council Community Safety Team as well as the Met Police to bring young people safety news that affects them.



Beware of spiking



Vaping is a huge problem in those under 18, and vapes can easily be spiked.

Find out more on the Met Police website:
<https://www.met.police.uk/advice/advice-and-information/spiking-advice/spiking/>

Spiking awareness week is the **16th to 22nd of September!** Although young people cannot legally drink alcohol or vape, any food or drink can be spiked.



METROPOLITAN
POLICE



YOUNG
COMMISSIONERS
The local youth voice in action





HATE CRIME AWARENESS



Hate crime comes in many different forms and strikes at the heart of communities. A **hate incident** is any incident which the victim, or anyone else, thinks is based on someone's prejudice towards them because of their race, religion, sexual orientation, disability or because they are transgender.

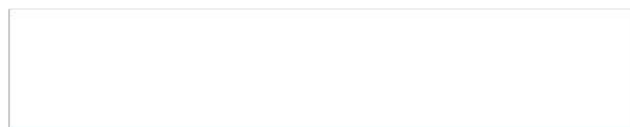
Hate content may include:

- messages calling for violence against a specific person or group
- web pages that show pictures, videos or descriptions of violence against anyone due to their perceived differences
- chat forums where people ask other people to commit hate crimes against a specific person or group



For more information visit
<https://www.met.police.uk/hatecrime>

Hate Crime Awareness week is coming up from **11th - 18th October!** It is important to be aware of the different characteristics that is subject to hate crime to prevent it.



Online Safety

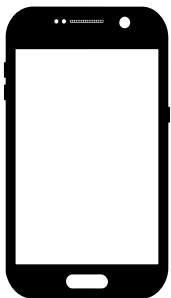
What todo to keep yourself safe online and whatto do ifyou area victim of online crime



In the **Met** website, there are some helpful guidance and services to help those who have been a victim of online crime, reporting it, or just keeping yourself aware.



For more information, scan the QR code OR go to this link:
<https://www.met.police.uk/advice/advice-and-information/online-safety/online-safety/>



Keeping children safe online

The **NSPCC** website has many tools, especially for adults and parents, to keep the children around you safe. From understanding apps to setting parental controls, online safety is especially important in the digital age and to have discussions about it with children and young people.



For more information, scan the QR code OR go to this link:
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>



Update from Josh and Michelle from the Council Community Safety Team

Safer Sutton: Projects for Younger People and Our Community

Life Saving Equipment in Sutton

We're teaming up with the Paul Alan Project to install:

- 3 new public defibrillators (life-saving heart restart machines!) in busy community spots.
- Bleed control kits in schools, council buildings, and community spaces.

First Aid Training with StreetDoctors

Over 1,000 young people in Sutton will get the chance to train with StreetDoctors, a national charity teaching:

- How to deal with bleeding & unconsciousness.
- Confidence-building skills.

Community Guardians & Safe Spaces

- Training in first aid, safeguarding, and supporting women & girls.
- Partnerships with groups like Sutton Women's Centre, The Paul Alan Project and local police teams.
- Community-led safety champions who can step up and look out for others.

Safety Training in Virtual Reality

Schools and youth clubs will now have access to VR safety sessions. Delivered by teams within the Quad, using immersive headsets, you'll explore real-life scenarios—like what to do in risky situations—and learn how different choices can shape outcomes.

Youth Support in Hospitals

A new hospital-based youth work programme (YouthLink) is being developed. They'll provide:

- One-to-one safety planning.
- Quick interventions.
- Links to wider support.

WHY THIS MATTERS

Even though Sutton is one of the safest boroughs in London, many young people—and especially women—still feel unsafe, particularly at night.

That's why these projects focus not just on the stats, but on how safe people actually feel.

For more information and to access past newsletters on safety created by the Young Commissioners in collaboration with the MET Police and Sutton Council Safety Team, please go to this link:

<https://vcsutton.org.uk/young-commissioners/safety/>

Attendance

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

attendance@wallingtongirls.org.uk

Please provide at least 2 full school days notice of a planned absence for the school to complete the required processes before the event.

Absences for longer than one day need to be confirmed at least 2 weeks prior to the event. Families should note that requests for holidays during term time will not be approved and penalty fines can be issued.

To notify WHSg of a leave of absence, please complete this form and return to the email above

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

KS5 –

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



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

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.