

# The Wallington Week

**Monday 15<sup>th</sup> September 2025**

Last week was our first full week back, and it was wonderful to walk around the school and see students settling so quickly into their learning. I had the privilege of leading most of the assemblies and welcoming the students back, taking the opportunity to reflect on our school values of curiosity, courage, and compassion—with compassion feeling especially important at this time.

This week we are holding our Clubs Fair, and I hope many students will take the chance to sign up for a wide range of societies. Getting involved in different activities is such a valuable way to broaden interests, develop new skills, and make new friends.

Year 7 will no longer have an early finish, and they will leave school at the normal time of 3pm.

A reminder that Tuesday is our SET Day. Students will be studying at home, completing work set for them by their teachers.

– Ms T O'Brien  
Headteacher



## Quote of the Week

“Every day is a chance to learn something new.”

Here's to a term full of curiosity, questions, and finding joy in learning.

## Upcoming Events

- 16<sup>th</sup> September: SET Test – Remote Learning Day
- 17<sup>th</sup> September: Year 7 Parents' Information Evening
- 19<sup>th</sup> September: PFA Uniform Sale

## 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 15<sup>th</sup> September**

**Tuesday 16<sup>th</sup> September**

- SET Test- Remote Learning day for Students

**Wednesday 17<sup>th</sup> September**

- Extra Curricular Fair- Lunchtime (students only)
- Central Detention- 15:10-16:10pm
- Y7 Parents' information evening- 18:00-20:00 (6-8pm main hall)

**Thursday 18<sup>th</sup> September**

- WOHA Assembly Y9-13, lunchtime

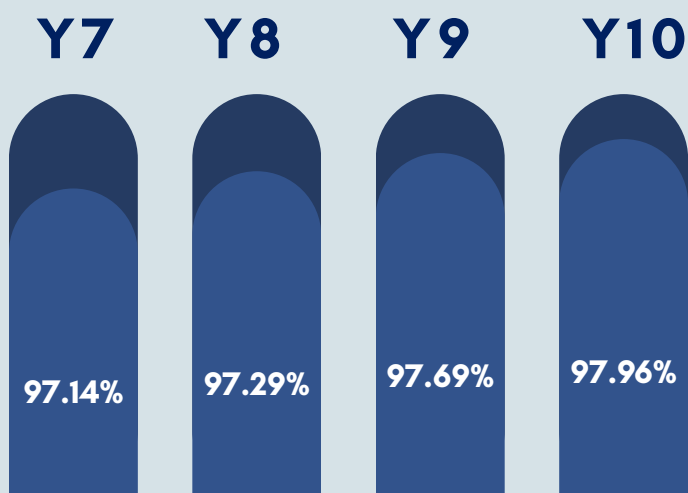
**Friday 19<sup>th</sup> September**

- UCAS Early Entry Deadline (Year 13)
- Central Detention- 15:10-16:10pm
- Headteachers Detention - 15:10-17:10pm
- PFA Uniform Sale 3-4:30pm (main hall)

## Important Dates

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

## Attendance



## 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

### Year 7 Finish Time

Year 7 will no longer have an early finish and they will leave school at the normal time of 3pm.

- Mrs M Sundborg  
Assistant Headteacher & DSL

### Conspiracy Theories

Conspiracy theories have now been recognised as safeguarding risks posing potential harm to children in the latest update to 'Keeping Children Safe in Education'. The attached guide explains how conspiracies can affect children's mental health, critical thinking, and even make them vulnerable to radicalisation. With tips on safe conversations, spotting red flags, and promoting reliable sources, this guide is a must-read for any parent or educator keen to support young minds in thinking clearly and confidently about the world around them.

- Mrs M Sundborg  
Assistant Headteacher & DSL

### Class Charts

All parents/carers were sent their Class Charts login details last week. Please set up your Class Charts account so you can monitor your child's conduct in school; follow the steps in the attached parent guide for setting up your account. If you did not receive you login please contact Mrs Andrews: [mandrewsewallingtongirls.org.uk](mailto:mandrewsewallingtongirls.org.uk)

Please see guidance link [here](#)

- Mrs M Sundborg  
Assistant Headteacher & DSL

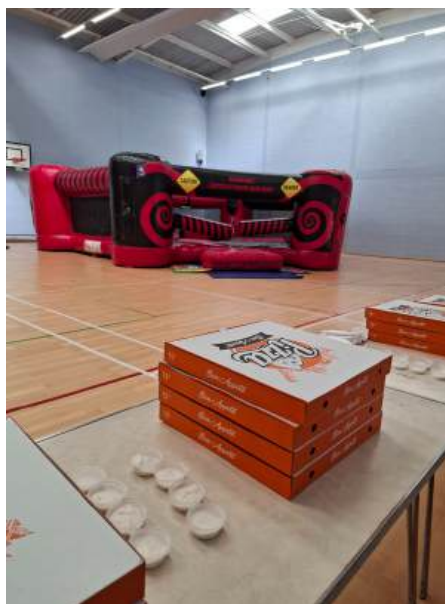
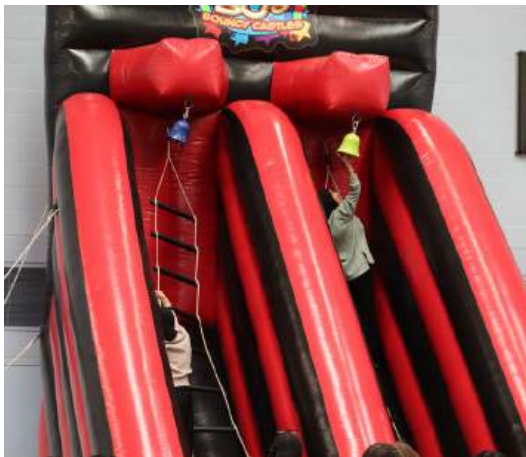
## Year 12 Social

**This week, Year 12 students were treated to not one but two fantastic social events to celebrate the start of the school year!**

**On Tuesday 10th September, our new-to-Year 12 students enjoyed a friendly lunchtime social. They had the chance to meet and chat with other new starters as well as our amazing Year 13 prefects and Head Girls. Over tasty snacks and drinks, new students got to know each other and settle into life at our school.**

**The next day, Wednesday 11th September, the whole of Year 12 gathered for a fun-filled afternoon social! The event was packed with activities, including giant Connect 4, Jenga, and three huge inflatables: the Giant Hungry Hippos, the Unclimbable Ladder, and the Gladiator Duel, where students battled it out head-to-head! Students also enjoyed pizza, juice, and music, creating the perfect atmosphere to relax and socialise.**

**Everyone had a brilliant time bonding, laughing, and getting active—what a great way to kick off the new school year!**





# What Parents & Educators Need to Know about CONSPIRACY THEORIES

Conspiracy theories are false or misleading beliefs that explain events as secret plots, often involving powerful groups. While once fringe, they are now more accessible through digital media, online influencers and because of algorithmic recommendations. The DfE guidance document, 'Keeping Children Safe in Education' (KCSIE) explicitly recognises conspiracy theories as potential content risks. This guide will help parents and educators understand the risks, spot the signs, and build children's resilience to conspiracy theories.

## WHAT ARE THE RISKS?

### UNDERMINING TRUST

Conspiracy theories can lead children and young people to distrust democratic institutions and British Values, teachers, and even their own families and loved ones. This erosion of trust makes young people more vulnerable to extremist narratives by isolating them from reliable sources of information.

### ONLINE ALGORITHM TRAPS

Social media platforms can often recommend sensationalist content. Once a child engages with one conspiracy-themed video or post, algorithms push more of the same, thereby creating an echo chamber that can intensify their beliefs.

### MENTAL HEALTH IMPACT

Exposure to frightening conspiracy content, such as global plots, viruses, or government control, can fuel feelings of anxiety, paranoia, or hopelessness. For some young people, it can trigger prolonged distress or obsessive thinking.

### GATEWAY TO EXTREMISM

Conspiracy theories can often overlap with extremist ideologies. Narratives that blame specific groups, such as politicians, scientists, or particular ethnic groups, can groom children in ways that foster hate, bigotry, and radicalisation.

### CONFLICT WITH PEERS

Belief in conspiracy theories can lead to isolation or conflict at school. Children may struggle with peer relationships if they express these beliefs or become distrustful of others who disagree; sometimes, confrontation can even result in a strengthening of the belief in the conspiracy theory.

### ERODED CRITICAL THINKING

Young people influenced by conspiracies may reject evidence-based learning. This risks undermining their academic progress and weakening their ability to think critically, assess risks, or engage in healthy debate.

## Advice for Parents & Educators

### CREATE SAFE CONVERSATIONS

Don't mock or dismiss any questions that children and young people ask about conspiracy theories. Instead, create open, judgement-free spaces to talk. This strengthens trust and makes it more likely they will confide in you.

### PROMOTE CRITICAL THINKING

Teach young people how to assess information critically. Encourage them to ask appropriate questions, such as: Who is telling me this? What evidence is there? What do other trusted sources say? Use real examples from current media to explain your answers and reasoning.

### MONITOR DIGITAL BEHAVIOUR

Be aware of the content children are accessing, especially on platforms such as TikTok, YouTube, or Reddit. Use parental controls, but more importantly, maintain ongoing dialogue about online experiences and influencers.

### REINFORCE RELIABLE SOURCES

Point children toward trustworthy and reliable sources of news and information in a variety of formats tailored to the young person's age. Build habits of verifying facts using reliable sources, and teach them how to spot misleading content.

## Meet Our Expert

Brendan O'Keeffe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an advisor to The National College, he specialises in digital safety, PREVENT, and pastoral care.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/conspiracy-theories>



# SUTTON SCHOOL NURSING

Issue 1 - Autumn 2025

**Sutton**  
Health & Care

## Welcome



The School Nursing team consists of Specialist Community Public Health Nurses (SCPHN), School Staff Nurses and Community Nursery Nurses. We continue the work of the Health Visitor in promoting good health and prevention of illness in the school aged population.

As a team we work with parents, carers, children and young people providing advice and support on the following:

- Children with additional needs and complex health needs
- Sleep
- Behaviour
- Child development
- Healthy lifestyles
- Eating concerns
- Toileting
- Alcohol, drugs and smoking
- Emotional and mental health issues
- Sexual health and relationships

School Nursing team offer:

- Confidential drop in offered in high schools
- PSHE health education in schools
- Enuresis (bedwetting) clinics
- National Child Measurement Programme
- Supporting health needs in school- health care plan where required
- Home visits
- Safeguarding
- Referral to other specialists

## Contact us



**By phone:** 020 8770 5409

**By email:** [hcpadmin@sutton.gov.uk](mailto:hcpadmin@sutton.gov.uk)

**Ask** at your school's office

The School Nursing team are available Monday to Friday (excluding Bank Holidays) 9am–5pm and we can visit you at school, at home, within a community setting or at a children's centre.

Our website has further information about our service:



[www.suttonhealthandcare.nhs.uk/school-nursing](http://www.suttonhealthandcare.nhs.uk/school-nursing)

## Immunisations up to date?

To find out the routine vaccination schedule and check if any have been missed, please visit the NHS website:

<https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>

For more details, information and answers to common questions, visit:

<https://www.healthforteens.co.uk/health/immunisation/>



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## Teen Wellbeing & Mental Health



Secondary school is an exciting stage, but it can also bring new challenges. Young people may feel pressure from friendships, exams, social media and the growing push for independence. These pressures can sometimes affect their sleep, appetite, mood or motivation.

As parents and carers, you can make a real difference by:

- Encouraging open conversations at home - check in regularly and listen without judgment.
- Reminding your child it's okay to ask for help. From you, trusted adults, teachers or our school nursing team.
- Watching for signs of stress or low mood - such as withdrawal from friends, changes in sleep or loss of interest in activities.
- Promoting balance - encourage regular breaks from screens, physical activity and healthy routines.

If you are worried about your child, please reach out. We can offer support or refer to more specialist services when needed.

Helpful resource for parents: [YoungMinds Parent Support](#)

## Confidential Drop-ins for Students

We know that young people may not always feel comfortable talking to parents or teachers about their worries. That's why our nurses offer confidential weekly drop-ins in secondary schools, giving students a safe space to ask questions and seek support.

During drop-in, students can:

- Talk about physical or mental health concerns. From headaches and sleep problems to stress, anxiety or low mood.
- Get confidential advice about relationships and sexual health including puberty, contraception, consent and staying safe.
- Receive guidance on healthy lifestyles such as nutrition, exercise, vaping and managing screen time.
- Be signposted to further services if they need extra help.

All conversations are confidential unless we are worried about a young person's safety. We encourage parents to remind their child that these sessions are available if they ever want support.

Find further information here: [www.suttonhealthandcare.nhs.uk/school-nursing](http://www.suttonhealthandcare.nhs.uk/school-nursing)



@suttonschoolnursing



Sutton 0-19 childrens services



The Sutton community uniform shop is open to all families who require support.

We have a range of preloved generic uniforms and some uniforms with Sutton school logos. All our uniforms are free for all families.

If you would like to visit for uniform we are open Monday to Friday 09.30- 16.30 pm at:  
Carshalton Family Hub Tweeddale Road,  
Carshalton SM5 1SW

If you are driving to Carshalton Family Hub and Children's Centre, please be aware that Tweeddale Road is now a school road so you will not be able to drive down it between 8.15am and 9am and 2.45pm and 3.30pm.

If you would like more information please email us on [suttoncommunityuniform@sutton.gov.uk](mailto:suttoncommunityuniform@sutton.gov.uk) or call 020 8770 5801

## Unity Junction



Unity Junction is a vibrant community hub located in the heart of Sutton, on the ground floor of the St Nicholas Shopping Centre.

Designed to support people of all ages, Unity Junction offers a welcoming space for young people, adults and seniors.

For youth, we run after-school clubs three days a week and host Neuroverse, a weekly members group tailored for young people with autism. These sessions provide safe, inclusive environments for socialising, learning and creative expression.

For further information, contact [brian@duffusfoundation.org](mailto:brian@duffusfoundation.org) or pop in during our open hours: Monday, Tuesday, Wednesday, and Friday from 11am to 5:45pm.

## Minor Illness



Think pharmacy first

Subject to age eligibility, including 1 year and over for impetigo prescription medicine. Service available at majority of pharmacies.

See your pharmacist

Help us help you

### Pharmacy first

Pharmacists can suggest treatments that do not need a prescription for a range of conditions.

Most pharmacies can also offer prescription medicine for some conditions, such as ear ache and sore throat in children, without you needing to see a GP or make an appointment. This is called Pharmacy First.

[www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/](http://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/)

### Is your child too ill for school?

It's fine to send your child to school or nursery with a minor **cough** or **common cold** if they are otherwise well and do not have a high temperature.

Please see guidance below for advice on common childhood illnesses

[www.nhs.uk/live-well/is-my-child-too-ill-for-school/](http://www.nhs.uk/live-well/is-my-child-too-ill-for-school/)



@suttonschoolnursing



Sutton 0-19 childrens services





## Vaping



Vaping is becoming more common among teenagers and many young people believe it is harmless. While e-cigarettes are sometimes used to help adults quit smoking, they are not recommended for under 18s.

Key facts:

- Most vapes contain nicotine which is addictive and can affect concentration, mood and brain development in teenagers.
- Vaping can cause coughing, throat irritation and long-term lung health risks.
- Many disposable vapes are sold illegally and may contain harmful or unknown chemicals.
- Peer pressure and brightly packaged products can make vaping appealing to teens.

If your child is vaping, try to stay calm and have an open conversation about the risks. Encourage them to seek support if they want to quit - our school nurses can provide confidential advice and guidance.

For more information: <https://www.nhs.uk/better-health/quit-smoking/help-others-quit/young-people-and-vaping/>

## Screen Time & Sleep



Teens need 8-10 hours of sleep per night for learning, growth and emotional wellbeing.

- Encourage device-free bedrooms at night.
- Set clear boundaries around screen use, especially before bed.
- Promote healthy routines: regular meals, exercise and rest

The [Teen Sleep Hub](#) is a free resource designed to help young people and parents understand and improve sleep. It offers practical tips on routines, managing stress, and reducing the impact of late-night screen time.

## Check It Out

Have you heard about Check It Out at Rosehill Clinic?

Check It Out (CIO) is your go-to place for free and confidential sexual health services.

Whether it's sexual health screens, advice on contraception or you need support to talk through your options, we've got you covered!

Young People's Walk –in on Mondays 3-6pm  
Rosehill Clinic (RHC)  
1st Floor, B Block (above the main entrance)  
St Helier Hospital

<https://www.gettingiton.org.uk/services/sutton/check-it-out-the-rosehill-clinic-for-under-20yrs>



## Parenting Support



Parenting support programmes provide a safe space to share and learn together. Sutton offer a range of parenting courses:

- Small Change, Big Difference ASD course
- Being a Parent
- Being a Parent Together
- Time Out For Parents-Autism
- Time Out For Parents - Managing Anger
- Time Out for Parents - The Teen Years
- Coffee Information Sessions

These can be accessed via:

Sutton information Hub

<https://suttoninformationhub.org.uk/pages/parenting-support-1>

Sutton Health and Care have a selection of informative videos on a variety of topics such as School Readiness, child and adolescent wellbeing and toilet training.

[www.youtube.com/channel/UCY7SrnKjfgvkkci2vM-6Scg/videos](http://www.youtube.com/channel/UCY7SrnKjfgvkkci2vM-6Scg/videos)

## Feedback

**We value all feedback and would like to hear your views on our service**

Please use the link below to have your say:

<https://docs.google.com/forms/d/1NDfoOXgjAWGiXX35bIKNamvut5CrtNqy08EUljkGtWo/edit>



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# ORAL HEALTH FOR TEENS

Good oral health is an important part of overall well being.

Tooth decay is still one of the most common health issues among teenagers. Poor dental habits, frequent snacking and the popularity of sugary and fizzy drinks can all put young people at risk.

## TOP 3 INTERVENTIONS FOR PREVENTING TOOTH DECAY

Reduce the consumption of foods and drinks that contain sugars.

Brush teeth twice daily with fluoride toothpaste

Take your child to the dentist at least once a year

Floss or use interdental brushes

These help to remove plaque where the toothbrush can't reach



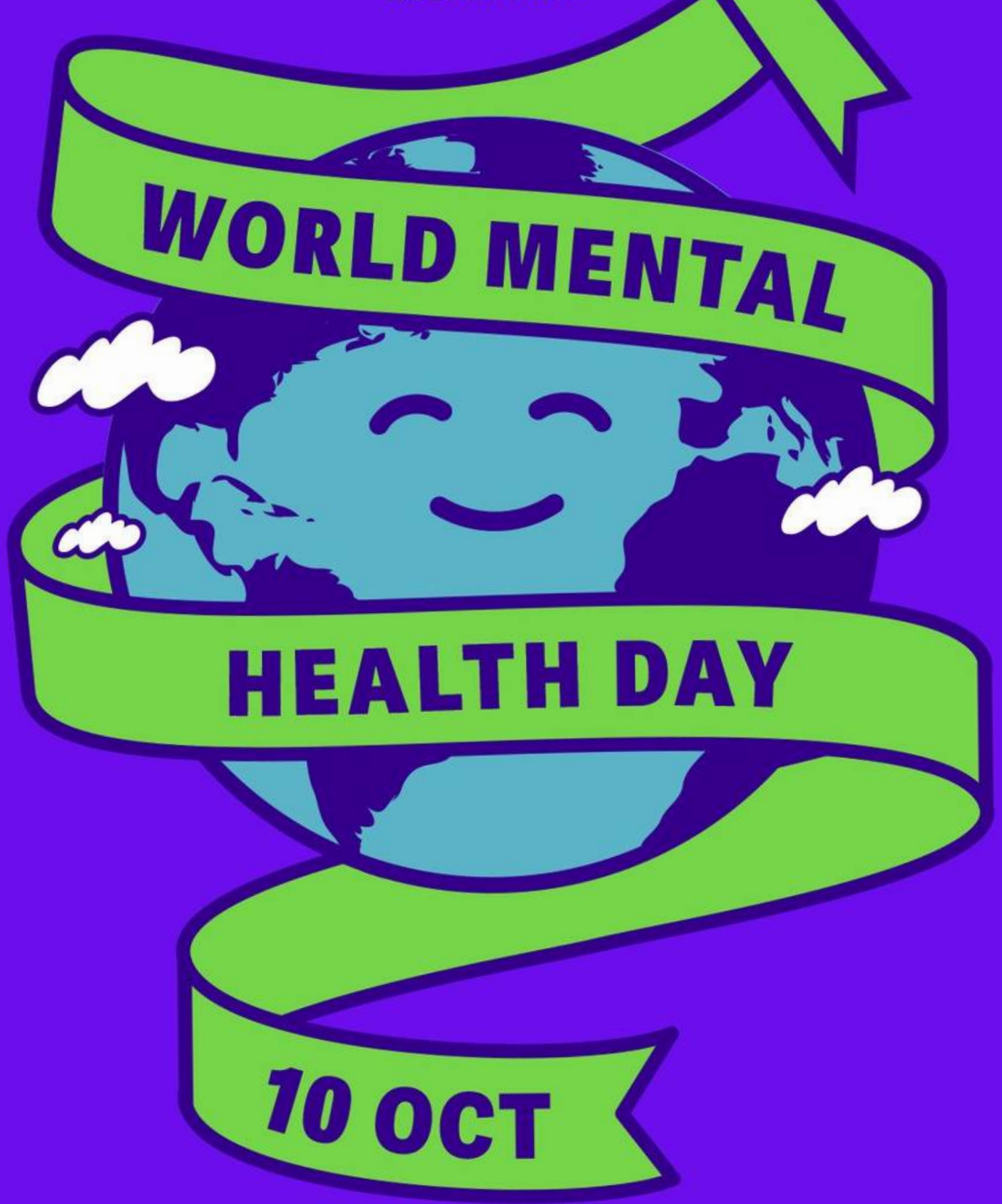
### How to find a dentist

Scan the QR code below or search 'find a dentist'



<https://www.nhs.uk/service-search/find-a-dentist>





YoungMinds provides a range of information, advice and resources including wellbeing activities, toolkits and webinars to help you support the young people in your lives.

<https://www.youngminds.org.uk/parent/>

# MEASLES

## Don't let your child catch it

– make sure they get the MMR vaccine

The number of young people catching measles has risen across Europe and the UK. Children are offered MMR vaccine to protect against measles, mumps and rubella just after their first birthday and a second dose at 3 years 4 months. For the best protection they need both these doses.

It's never too late to be vaccinated.

For more information contact your local GP surgery or visit: **[pha.site/mmr](http://pha.site/mmr)**

**If you need to contact an emergency or out of hours service, it is important to phone ahead if you are experiencing any of the signs and symptoms of measles.**



*The London borough of Sutton's Parenting service are pleased to announce that*

*Adapt to Learn are coming to The Phoenix Centre at Wallington to facilitate a session for parents/carers on the subject of Pathological Demand Avoidance (PDA)*



Venue: The Phoenix Centre, Mollison Drive, Wallington, SM6 9NZ

Date: Wednesday the 8<sup>th</sup> of October 2025.

Time: 12.30 till 2.30pm.

To register your interest and to secure you place please Contact Clare Kennedy on the Detail's below!

Telephone number: 07873 702 777

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

### Have you ever thought?

*'Why do some children become overwhelmed with anxiety and present as demand avoidant when everyday demands are made of them?'*

### Session aim:

**This two hour workshop will explore the characteristics of PDA, how it links with Autism and offer practical strategies to help.**



## 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.