

# The Wallington Week

**Monday 9th February 2026**

Several of our students visited St Peter's College, Oxford, last Saturday for an inspirational day led by the team at WoHAA. Students took part in a bespoke programme designed to raise aspirations and provide a real insight into university life. Through engaging, interactive talks, current Oxford students shared their personal journeys along with honest advice about applications, academic pathways and student life. The visit also included a guided tour of St Peter's College and a walk around key Oxford landmarks, giving students the opportunity to experience the university environment first-hand.

Congratulations to all the students who performed in last week's Music Recital. We are always incredibly proud of the students who take part in these events, showcasing their talent, commitment and hard work.

I also had great pleasure in watching our Sixth Form drama students perform on Monday afternoon. This is the first year we have offered a Drama elective in Year 12 and following initial workshops on character and improvisation, the group decided they wanted to stage a full production. They chose The Examination by comedian Andy Hamilton and delivered a thoroughly impressive performance. Well done to Saaliha, Rose-Erin, Shaista, Sahana, Suwetha, Reena, Gracie and Delali - you were excellent.

This week is Mental Health Week and as outlined in our previous newsletter, we have organised a range of activities for both staff and students, culminating in a student 'own clothes' day on Friday.

We also look forward to our Year 9 and 10 disco on Wednesday, while Thursday is the Year 9 Parents' Evening. Please note that there will be an earlier finish for all students on Thursday.

Finally, a reminder that we have two INSET days at the end of term, and we look forward to welcoming students back to school on Wednesday 25th February.

- Ms T O'Brien  
Headteacher



## **Upcoming Events**

- 11th February- PFA Y9/10 Disco
- 12th February- Year 9 Parents' Evening (early finish)

## **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](#).

Please see the latest careers newsletter [here](#).

### **Current Vacancies**

Click here for a link to our [vacancies page](#)

# Calendar

## Week B

### Monday 9th February

- Year 10 Drama Exam
- Gym & Dance auditions- Gymnastics (Sports Hall) 3pm
- Online Parent Information Evening Sevilla- 5pm
- Workshop 8: E-Safety (Virtual/Online)- 6pm

### Tuesday 10th February

- Year 10 Drama Exam
- Years 7 and 9 E-Safety Workshops

### Wednesday 11th February

- GCSE Music Recording (ensembles)
- Y9 P/E appointment bookings closed
- PFA Y9 & 10 Disco- 3.30-5pm
- Central Detention- 3.10-4.10pm
- Normandy Parent Information Evening- 5pm

### Thursday 12th February

- Ski Trip
- Year 9 Injections- Catch Up Session
- Iphigenia Theatre Trip (Bloomsbury Theatre)
- Early finish - 13.05 (Year 9), 13.15 (All other years)
- Y9 Parents' Evening 14:00 - 17:30pm (Online)

### Friday 13th February

- Ski Trip
- Headteachers Detention- 3.10-5.10pm
- Central Detention- 3.10-4.10pm

## Attendance

1<sup>st</sup> Sept 25-  
3rd Feb 26

**Y7   Y8   Y9   Y10   Y11**

97.29%

96.52%

95.90%

96.16%

95.53%

## Staff Messages

### 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 Sundborg  
Assistant Headteacher & DSL

### Parent Workshop: County Lines and Criminal Exploitation

**Date and time:** Fri 27<sup>th</sup> March 2026,  
1.00-2.30pm

**Facilitator:** The Ivison Trust

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

Join our interactive webinar where we will share what criminal exploitation is, with a focus on county lines. We will explore how to spot signs that it may be happening to your child or a child you know. We cover trends in your local area and where to get advice and support if you are concerned.

To book your place follow this link - [Parent webinars - county lines and criminal exploitation - Ivison Trust](#)

-Mrs Sundborg  
Assistant Headteacher & DSL

### Health Misinformation

Children and young people are increasingly turning to social media for mental health advice, but much of what they encounter online is unverified, oversimplified or misleading. The guide further below explores why platforms like TikTok and Instagram have become go-to sources, and how misuse of clinical language and viral trends can distort children and young people's understanding of mental health.

-Mrs Sundborg  
Assistant Headteacher & DSL

## Staff Messages

### INSET Day- 23<sup>rd</sup> & 24<sup>th</sup> February

The 23<sup>rd</sup> & 24<sup>th</sup> February are INSET days for all students- these will not be remote learning days.

-Mr Parkinson  
Assistant Headteacher

### Safer Internet Day

Safer Internet Day 2026 will take place on Tuesday 10th February, with celebrations and learning based around the theme 'Smart tech, safe choices - Exploring the safe and responsible use of AI'. The goal of Safer Internet Day is to call on people across the world to work together to make the internet a safer and better place for all, but especially for young people. It is helpful to everyone involved to maintain a consistent approach with AI. Therefore, it is recommended to consider how best to help parents remain vigilant and better understand the potential risks to help keep their children safe when they are not at school. For more information please watch this video - [Gen AI: The Harms Landscape \(for parents, teachers, safeguarders\)](#)

-Mrs Sundborg  
Assistant Headteacher & DSL

### Mini-Whiteboards

This year, the school introduced mini-whiteboards for use in lessons, and we have been really pleased with how positively students have responded to this change. Mini-whiteboards are now used regularly to help teachers check pupils' understanding and adapt teaching in real time.

We would really appreciate parents' support in encouraging students to:

- Bring a mini-whiteboard and pen to school each day
- Check that pens are working and replace them when needed

Thank you for helping us support effective learning in the classroom.

-Mr Donnelly  
Assistant Headteacher



### RSPB Big School's Birdwatch

On Monday 26<sup>th</sup> January we took part in the Big Schools Birdwatch. 16 students came along to help count the birds seen on the school grounds to give us an idea of the health of bird species in our local area, but to also help us measure the current biodiversity of our school. We saw a range of birds including Robins, Magpies, Herons, Ring necked parakeets, Redwings, a large number of Feral pigeons and Mr Parkinson even spotted a Buzzard!

Thank you to all the students and staff involved, you did a great job despite the cold!

-Mrs Henderson & Mrs Corfield

# Student Article Bake-Off Event



On Tuesday 27<sup>th</sup> January, 20 bakers competed to make the best batch of cupcakes. Each person displayed unique cupcakes and positive attitudes in the process. The quality of their character and cupcakes astounded me so much that I realised it was impossible to just give one prize away!

I will now reveal the winners...

**For taste:** I am proud to announce Simona 9PAN! Light and fluffy on the inside, delicious buttercream on top. Quite the artist as well with her flower shaped icing!

**As for design we have:** Prisha 9SHAR! She presented a beautiful, ornate pattern topped with edible pearls. Dedicated time and patience despite the perpetual ticking of the clock!

**For effort we have:** Mia in 8PAN! She finished strong and put her all into it - well done!

We also have Aditi in 8PAN. She showed resilience in the face of adversity. I am proud!

## SHOUTOUTS!

- Firstly, I want to thank Mrs Beales for her fantastic ideas in the process of planning this event and her constant support. Thank you for making this possible.
- I also want to thank Mrs Gallagher for kindly dedicating her time to supervise. Her amiable personality added great joy to the bake-off!
- Khadeejah, an ex-Junior Bake-Off contestant volunteered to judge and help out! Her experience was much appreciated, and so was her judging skills. She is both decisive and skilful!
- Davina 7JOH - her buttercream was simply exquisite. When it came time to judge, I couldn't stop eating it!
- Izabela 8SEAC - her cupcake was wonderfully well-balanced, and she finished strong!
- Beth 8SEAC - her cupcake's texture was awesome! So was the decoration!

Thank you all for participating! You all deserve to be proud of yourselves.

-Bana  
10 Johnson



# What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

## WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

### POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

### RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

### LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

### IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

### MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

### REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

## Advice for Parents & Educators

### MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

### IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

### SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

### ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday®

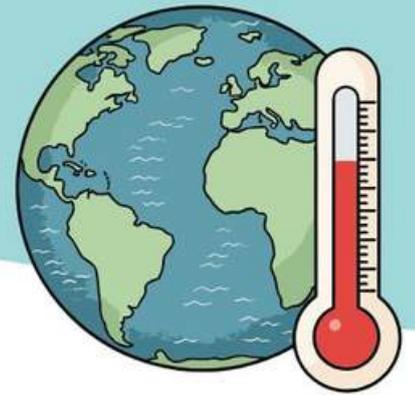
The National College®

# Sustainability



## FACTS

- Climate change is accelerating, with 2015–2024 being the warmest decade on record, pushing global temperatures - 1.42°C–1.55°C above pre-industrial levels. 2024 was the warmest on record according to the WMO (World Meteorological Organization)



## TIPS/SOLUTIONS

- Limiting warming to 1.5°C requires a 43% reduction in emissions by 2030 and reaching net-zero by 2050.
- Key strategies include transitioning from fossil fuels to renewable energy (solar, wind), improving energy efficiency, boosting sustainable transport (electric vehicles), promoting plant-based diets, and restoring forests.





Online FREE talk by Jane Keyworth

## Anxiety Based School Avoidance

March 26th 7-8pm



Book online

[www.facefamilyadvice.co.uk](http://www.facefamilyadvice.co.uk)

go to PARENTS - Live Talks page

All 16 parent talks **FREE** with our School Membership



## Preparation For Adulthood Hub

Supporting young people with SEND to take small steps towards independence

Come and speak to our Local Offer Officer on Friday mornings!  
Contact: [localoffer@sutton.gov.uk](mailto:localoffer@sutton.gov.uk)

### February



#### DJ Taster Session Drop In

4th

**6-7:30pm, Free | The Fantastic Freddie Foundation**  
Ever fancied being a DJ? Here's your chance! Whether it's your first time or you're a pro and you want to practice, come along to this taster session and have a go on the decks!

#### Podcasting Workshop

9th

**6-8pm Free | Keen2Go**  
The third edition of the PFA podcast. Be part of the movement and make your voice heard. Lead by you, for everyone to listen.

#### Nescot College Information Session

10th

**4-6pm, Free Nescot college**  
Come and speak to our staff from Nescot about next steps, courses, advice and guidance. We also have a Foundations, 14-16 department, and a Supported Internship Programme all for students with EHCPs. We look forward to meeting you.

#### STARS Parent Support Group

11th

**10-12pm, Free STARS**  
This informal meeting offers a safe and supportive space for parents and carers to come together, share experiences, and explore practical ways to support children who may be finding school emotionally challenging.

#### Check it Out Sexual Health Drop-in

11th

**Check it Out | 3-5pm, Free**  
The relationships, contraception and sexual health drop-in is a confidential, welcoming service for young people with SEND. We provide advice and support on relationships, consent, contraception and sexual health. This is an open drop-in service; to arrange a private appointment, please email [esth.rosehill-clinic-cio@nhs.net](mailto:esth.rosehill-clinic-cio@nhs.net)

#### SEN Wellbeing Session

11th

**The Precenters! 5-6:30pm, Free**  
Join the Precenters Foundation in a relaxed evening of games and tips about how to be the best version of yourself.

#### Crafts and Chat Session

12th

**4:30-5:30pm, Free Advocacy for All-Action Voices**  
A crafts and chat group that will give young people age 12-25 with SEND a chance to make friends, learn a new skill, take part in craft activities, gain confidence, speak up and have their voices heard.

#### Monday Social Night

16th

**6-8pm Free | The Fantastic Freddie Foundation**  
Get rid of those Monday Blues - laugh with friends and make new ones. Video Games, Music, 'Beer' Pong and much more.

#### Sports Session

18th

**6-7:30pm Free The Fantastic Freddie Foundation**  
Join us for the first social football session! Have fun with friends, test your skills and improve! Whether you're a veteran footballer or you want to try it out - this session is for everyone.

#### PFA Pool Tournament

23rd

**6-8pm Free The Fantastic Freddie Foundation**  
The First PFA pool tournament! Free to enter, prizes to be won. For any and all abilities and experience levels. Try your hand against friends and ultimately have fun!

3-5pm Free

25th

#### Check it Out Sexual Health Drop-in

#### Coffee Morning and Meet SIASS

27th

**10-12am, Free**  
For parents and carers to meet, and access information about Preparation for Adulthood and support in Sutton. Coffee + Cake for £5! A special offer from Beans and Bloom for all attendees.

To attend a session...



Contact the organiser listed on the event or scan this QR code, click on "Preparation for Adulthood Hub" and select the event for details of how to book your place.

## 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:

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

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 student with mobility issues.

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

Please also ensure that when dropping/collecting your child at school each day, you are respectful of our local residents by not blocking drives and roads or impacting others' safety by pulling in/ parking irresponsibly.

## 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.