

The Wallington Week

8th June 2026

The highlight of this week's newsletter is our wonderful Art Show, which showcased the exceptional creativity and talent of our GCSE and A Level students. Visitors were treated to an impressive variety of work across a range of artistic mediums, reflecting the dedication, skill and imagination of our young artists. We are incredibly proud of all students who contributed to such a successful and inspiring exhibition.

We are also delighted to share some outstanding news from Year 9. Srisakthi K (9S) and her self-formed UK Robotics team, which includes Anaisa (9S), have been selected to represent the United Kingdom at the International Robotics Competition in South Korea from 3-6 July, where they will compete against teams from 60 countries. This follows their remarkable achievement at a national competition in Harrogate, where they competed against 70 schools from across the UK and were crowned UK Robot Knockout Champions, as well as receiving the Best Robot Performance Award from the Institute of Engineering and Technology.

In addition to their competition success, Srisakthi and Anaisa have developed an AI research assistant for the Kent Archaeological Society. The tool is currently being used by more than 40,000 archaeologists and members of the public, and the students have received formal recognition from the Society for their contribution. This is an exceptional accomplishment, and we congratulate them on their innovation, commitment and success.

Last week, we were pleased to welcome Paula Akpan to our school library. Students enjoyed an engaging presentation and gained valuable insight into the research and inspiration behind her latest book, 'When We Ruled: The Rise and Fall of Twelve African Queens and Warriors'. Opportunities such as these help to inspire a love of reading and provide students with a fascinating glimpse into the world of writing and publishing.

Thank you to all students who participated in our World Environment Day dress-up event last week. It was wonderful to see such enthusiasm and creativity on display, with some fantastic costumes helping to raise awareness of environmental issues in a fun and engaging way.

A special mention this week goes to our Gardening Club, which meets every Friday afternoon. Students have been busy tending the school's growing areas and were delighted to take home fresh lettuce, broad beans and peas this week. The club continues to provide valuable opportunities for students to learn about sustainability, food growing and teamwork.

June is Pride Month, and throughout the month we will be celebrating the importance of inclusion, respect and diversity within our school community. There is a dedicated display in the foyer, along with a range of activities and events taking place across the school to encourage discussion, learning and reflection. We look forward to sharing more about these activities over the coming weeks.

- Ms T O'Brien
Headteacher



Calendar

Attendance

Y7 Y8 Y9 Y10

97.6%

96.7%

96.3%

95.8%

Week A

Monday 8th June

- Public Exams- ALL WEEK
- Y10 Mock Oral Exams-ALL WEEK
- Maths Competition Trip (Manchester)
- Year 10 Geography Visit - London Docklands

Tuesday 9th June

- Y10 Photography Mock Exam
- Junior Kangaroo
- Junior Mathematical Olympiad
- Primary Sports Day Volunteering

Wednesday 10th June

- Y10 Photography Mock Exam
- Central Detention- 3.10-4.10pm

Thursday 11th June

- Y10 Art Mock Exam

Friday 12th June

- Y10 Art Mock Exam
- Central Detention-3.10-4.10pm

Upcoming Events

24th June- Year 12 Induction Day

26th June- Year 11 Prom

30th June- Sports Day

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](#)



Staff Messages

Benedict's Law

In February 2026, the Government formally passed Benedict's Law, committing to introduce mandatory, statutory allergy guidance for schools in England through the Department for Education.

From September 2026, schools are expected to implement and maintain these requirements annually across all maintained and academy schools in England:

1. Whole-School Allergy Policy

Develop and publish whole-school allergy policies.

2. Staff Training

Ensure comprehensive allergy awareness and emergency response training for all staff (including caretakers, mini-bus drivers, lunchtime supervisors, etc).

3. Emergency Medication

Hold spare in-date adrenaline devices (AAs) on site. Note - they are not a second set of devices prescribed for an individual child, they can be used on any child or adult experiencing anaphylaxis.

4. Individual Care Plans

Implement individual healthcare and action plans for pupils with serious allergies (including food, animal and venom allergies).

While many allergies result in only mild symptoms, some can be far more dangerous, causing life-threatening episodes of anaphylaxis that require swift intervention. This week's guide helps break down the warning signs and outlines the immediate steps to take when every second counts.

Parent Workshop: Transition from Primary to Secondary School

Date and time: Wed 1st July 2026, 18.30-20.00

Facilitator: Hayley Cameron (Education Safeguarding Manager - Cognus), Steve Welding (Education E-safety Adviser - Cognus) and Aniké Shand-Whittingham (Education Welfare Officer - Cognus)

Location: This is a virtual event - Teams

Hayley Cameron and Steve Welding from Cognus will be providing parents with helpful hints and tips on how to support their child as they transition from Primary to Secondary school. The Education Welfare Officer will also be on hand to provide guidance on attendance and the legal framework around school absence.

Please see the meeting details below:

Microsoft Teams Meeting

Meeting ID: 360 477 722 105 8

Passcode: aj2FR7WU

Carers Week (8th-14th June)

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. Every year Carers Week has a different theme. The theme for 2026 is Building Carer Friendly Communities. For more information please visit this website - [About Carers Week | Carers Week](#)

-Mrs Sundborg
Assistant Headteacher and DSL

What Parents & Educators Need to Know about ALLERGIES & ANAPHYLAXIS

An allergy is an overreaction of the immune system to a food or substance that's usually harmless. Symptoms can be mild, but for some people they can be very serious. This is known as anaphylaxis.

HOW TO SAY ANAPHYLAXIS: ANA-FIL-AX-IS

ALLERGIES AND ANAPHYLAXIS

- Mild allergy symptoms are treated with antihistamines.
- Anaphylaxis is treated with adrenaline, which is administered via an adrenaline device, injected into the outer upper thigh or using a nasal device.
- Anaphylaxis is a medical emergency and a threat to life.



WHAT ADRENALINE DOES

Adrenaline reduces swelling, opens the patient's airways and raises their blood pressure. Patients must go to hospital for monitoring, as the reaction could return.



TWO DOSES:
0.15 mg or 0.3 mg

ANAPHYLAXIS SYMPTOMS

AIRWAY

Symptoms include swelling in the throat, tongue or upper airways; tightening of the throat; a hoarse voice; and difficulty swallowing.



BREATHING

Symptoms include persistent cough; sudden onset of wheezing; breathing difficulty; and noisy breathing.



CIRCULATION

Symptoms include pale and clammy skin; dizziness; feeling faint; sudden sleepiness; tiredness; confusion; and loss of consciousness.



In extreme cases of anaphylaxis, there could be a dramatic fall in the patient's blood pressure. The patient may become weak and floppy, and have a sense of something terrible happening. Any of the ABC symptoms listed above may lead to collapse and unconsciousness and, on rare occasions, be fatal.

TOP 14 FOOD ALLERGENS:

(However, be aware people can be allergic to anything.)



CELERY



FISH



CRUSTACEANS



EGGS



MILK



SOYA



LUPIN



CEREALS



TREE NUTS



SESAME



MUSTARD



MOLLUSCS



PEANUTS



SULPHITES

NON-FOOD ALLERGENS:



POLLEN



PET HAIR/DANDER



INSECT VENOM



MEDICATION/DRUGS

LINKS TO FURTHER RESOURCES - Scan the QR codes to find out more



AllergyWise®



EpiPen



Jext



ADRENALINE AND AADs

Meet Our Expert

Anaphylaxis UK is the only UK-wide charity operating solely for the growing numbers of people at risk of serious allergic reactions and anaphylaxis. While there's no treatment or cure for anaphylaxis, we believe that by providing information, training and support, there's a brighter future for people living with serious allergies.



The National College®

Student Achievements

Student Sporting Success: Frema (Y12) Selected for the Commonwealth Games

We are incredibly proud to share the exciting news that Frema A (Y12) has officially been selected to compete in Judo at the Commonwealth Games this year. This follows confirmation from Team GB, who have granted special permission for Frema to compete for Ghana until she turns 18 – a rare privilege that reflects her exceptional talent and potential.

Only a small number of under-18 athletes receive this level of recognition, making Frema's achievement particularly noteworthy. Her journey has already attracted international attention, with Puma and the International Judo Federation (IJF) supporting her progress and documenting her pathway in the sport.

Frema's inspiring story has also been featured by Olympics.com, highlighting her rise within international judo and her ambitions on the global stage. You can read the full article [here](#).

We look forward to supporting Frema as she prepares for this incredible opportunity and we are so incredibly proud of her!





Dear Parent/Guardian

IFG proudly serves over 800,000 students' nutritious meals each day. Our award-winning teams are dedicated to serving vibrant, appetizing food, freshly prepared on-site using quality ingredients. To enable us to continue doing this, our meal tariff will increase by 2.7% and Free School Meal Allowance to £2.90 from September 2026. The great news is that we have frozen all fruit, yoghurt and salad dish prices. Below, we have outlined some of the cost pressures which have driven this increase.

Food Inflation: We buy British and support our local economy where possible, but due to global unrest, we have seen food inflation of 3.7% with predictions of food inflation to reach 9% by the of the year. The increase is not only in the cost of delivering to our sites but also in the products we purchase. We have robustly negotiated and mitigated with our suppliers, ensuring we maintain quality; however, increases have persisted across all products and ingredients we buy.

Employee Funding & Retention: In April, the Government increased the minimum wage by 4.1%, a positive move which will ease cost pressures for many of our colleagues. Alongside this, to retain and attract a high standard of leadership, we have increased wages for supervisory and managerial roles. Despite these positive advancements, the combination of these factors has led to significant ongoing cost demands across our industry, many of which we have absorbed.

We continue to seek ways of mitigating the costs associated with these challenges; however, we refuse to compromise on ingredients or service standards. We remain proud to serve a home-cooked main meal and dessert, as well as other options. We truly believe we offer students innovative dishes which rival the high street, whilst providing families with great value for money.

Through partnering with schools, we continue to see more students enjoying our services. Whilst this is great news and tells us our menus are popular with students; we are always looking to encourage more young people to dine with us. If you have any feedback, we would love to hear from you.

We hope you understand our position and that your family can continue to enjoy our services. We remain open and honest about our challenges and will continue to seek your input. Should you wish to discuss this letter, or anything else relating to your catering service, please get in touch.

Kindest regards

Bryan Lygate
Chief Operating Officer

TARIFF SEPTEMBER 2026

Cucina IFG

BREAKFAST	PRICE	HOMEBAKES	PRICE
Breakfast Roll	£1.60	Muffins	£1.45
Mini Breakfast Baguette	£1.60	Small Cakes/Cookies	£1.15
Breakfast Pot – 3 Piece	£2.30	Cookies/Brownie	£1.45
Bagel	£2.75	Traybakes	£1.45
Toast with Butter or Jam	£0.40	HOT GRAB & GO	
Homemade Pancakes with Fruit Toppings	£1.45	Bagel	£3.00
Toasted Teacake	£1.45	Panini – Half/Whole	£1.60/£2.90
Cereal + Milk 8oz	£1.05	Toastie – Whole	£3.20
Porridge for Students	Free	French Toast	£1.45
Porridge for Staff	£1.05	Twister	£3.00
Porridge Toppings	£0.50	Chicken Wings	£2.45
COLD GRAB & GO		Hot Pasta Pot – Medium/Large	£2.05/£2.60
Chill Deal Roll	£1.50	Pizza Slice (Break Time)	£1.70
Deli Sub Roll	£2.40	Giant Sausage Roll	£2.20
Wrap	£2.95	Soups & Broths	£1.90
Premium Salads	£3.00	Quesadilla	£1.45
Whole Sandwiches	£2.40	Jacket Potato – 1 Topping	£2.25
Half Baguette	£1.60	ALL POWER BITES	
Cold Pasta Pot – 16oz	£2.60	Range of Nutritious Rice & Noodle Dishes	£1.45
Houmous & Vegetable Crudites	£1.70		
Protein Pots	£1.00		
Salad Pots	£2.00		
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 2026

Cucina IFG

DRINKS	PRICE	BREAKFAST	PRICE
Water 500ml	£1.20	Breakfast Roll	£1.60
Fruit Slush	£1.50	Mini Breakfast Baguette	£1.60
Capri Sun	£1.35	Breakfast Pot – 3 Piece	£2.30
Dalston Cans	£1.50	Bagel	£2.75
Radnor 200ml Carton	£1.20	Toast with Butter or Jam	£0.40
Milk/Flavoured Carton	£1.20	Homemade Pancakes with Fruit Toppings	£1.45
HOMEBAKES		Toasted Teacake	£1.45
Muffins	£1.45	Cereal + Milk 8oz	£1.05
Small Cakes/Cookies	£1.15	Porridge for Students	Free
Cookies/Brownie	£1.45	Porridge for Staff	£1.05
Traybakes	£1.45	Porridge Toppings	£0.50
HOT GRAB & GO		COLD GRAB & GO	
Bagel	£3.00	Chill Deal Roll	£1.50
Panini – Half/Whole	£1.60/£2.90	Deli Sub Roll	£2.40
Toastie – Whole	£3.20	Wrap	£2.95
French Toast	£1.45	Premium Salads	£3.00
Twister	£3.00	Whole Sandwiches	£2.40
Chicken Wings	£2.45	Half Baguette	£1.60
Hot Pasta Pot – Medium/Large	£2.05/£2.60	Cold Pasta Pot – 16oz	£2.60
Pizza Slice (Break Time)	£1.70	Houmous & Vegetable Crudites	£1.70
Giant Sausage Roll	£2.20	Protein Pots	£1.00
Soups & Broths	£1.90	Salad Pots	£2.00
Quesadilla	£1.45	Jelly/Yoghurt/Fruit Pots	£1.00
Jacket Potato – 1 Topping	£2.25	Whole Fruit	£0.55
ALL POWER BITES			
Range of Nutritious Rice & Noodle Dishes	£1.45		

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

“QTE” Anthea Bell Prize for Young Translators

2026 Congratulations!

Well done to **Kairi F** (7 Johnson) on winning a commendation for **French**, **Isla N** (9 Pankhurst) for **German** and **Mishaal A** (7 Bronte) for **Spanish**. In addition, **Keisha L** won a commendation for **Italian** and **Nina R** (13SBN) for **Russian**

The Anthea Bell Prize completion for Young Translators is organised by Queen’s College of Oxford University. Open to all years, from year 7 to year 13, students translate a short passage from Spanish, French or German into English (Other languages can also be entered). Each year thousands of students take part in the competition from all over the UK.

Over 25,000 students participated in the competition in 2026, and over 5,400 entries were judged, so this is a fantastic achievement. Judges also commented on the very high standard of entries this year and remarked that it was extremely hard to choose winners and commendations.

Area winners and commendees will receive a certificate in the post, and they will also publish names of all winners and commendations on their website this month

Anthea Bell Prize for Young Translators
German Level 2: Competition Task 2026

In the middle of the courtyard, abandoned, lay a torn cardboard container filled with chips and a half-eaten burger. Just then, a ginormous seagull landed in front of Liz, its head tilted, and glancing over at Lizard.

“Will it disturb you if I eat next to you?” The voice sounded croaky. Liz had never heard the voice before. What direction was it coming from? “Hungry! And that looks really delicious.”

The seagull pulled a big chip out of the bag and began to eat. “That is actually not bad at all! Do you want to share?” Lizard ran both hands through her light green hair. It really felt like she was talking to her – bizarre!

“Fast food ‘cowed’ the voice.” Sometimes just hearing the voice was enough.



The Astonishing World of Dreams and Nightmares

Picture yourself in bed, cozy and warm in a fluffy blanket, and you're drifting to sleep. Then you are transported into a land where all your dreams are reality, then you are jolted awake. It would be an interesting experience! But why do we actually need to sleep, wouldn't people be able to exist even without sleep? Explore the world of dreams and nightmares!

Sleep is something all humans need; this allows the body to recharge after a long tiring day and rest for the next. Due to this process which occurs during the night, we are able to get up and go to school in the morning and have a fresh start to a new day! If there was a parallel universe where humans did not sleep it would be very different to the world we live in today. Imagine walking into a class of people with bloodshot eyes bulging out of their sockets, people who only seemed to exist!

Studies show that the average secondary school student requires at least 6 hours of sleep to be able to focus throughout the school day. Babies require around 16 to 18 hours of sleep while adults only require 4 to 6 hours of sleep.

Did you know that a person that lives to be 100 years old spends 33 years of their life built in sleep? Fascinating. Yes, you heard that right, the human body can detect when a person has low energy levels and needs rest and when the energy levels are high. It's like we are the Tick-Tok crocodile from Peter Pan, but we don't have to swallow a clock to understand our sleep schedule, luckily its engrained into our body's system!

In short, sleep is an essential for a good mental health and overall, a necessity for a healthy, positive lifestyle.

-Mr Bermudez-Caro
Head of Spanish

Sustainability



FACTS

TRANSPORT

- The average petrol car emits around 4 times more CO₂ per passenger than the average bus
- Opting for the train instead of driving reduces your emissions for that journey by around 80%
- In 2019, transport as a whole accounted for 27% of the UK's carbon emissions - higher than any other sector
- In 2019, cars accounted for 18% of the UK's carbon emissions
- Historically, the taxi trade has had a limited choice of diesel vehicles to use. This has led to the fleet becoming a significant contributor to poor air quality, particularly in central London, where they contribute 29% of all road transport nitrous oxide (NO_x) emissions in central London



TIPS/SOLUTIONS

- Help save CO₂ emissions by opting for public transport when possible
- Car share
- Walk or cycle to school/work
- Clean Air Zones (CAZ) / ULEZ: Cities across the UK (such as London, Bristol, and Birmingham) use emissions pricing to deter the most polluting vehicles from city centres
- National and regional bodies continue to invest heavily in segregated cycle lanes and pedestrian-friendly zones to cut down on short, single-occupancy car journeys
- TfL are phasing out high-polluting vehicles by requiring all newly licensed taxis and private hire vehicles (minicabs) to be strictly zero-emission capable (ZEC)



Education
Wellbeing
Service

Education Wellbeing Service Webinar

Supporting Your Teenager With Emotional Difficulties and Self-Harm

Being a teenager can be difficult to navigate, with lots of change and emotional ups and downs.

Parents and carers can have key roles in supporting their teenagers through this by understanding emotional regulation, and how to facilitate healthy responses to difficult or testing situations.



DATE / TIME

Wednesday 10th June
1.00-2.00pm



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

DATE / TIME

Thursday 18th June
7.00-8.00pm



Scan the
QR code
or
click here

Education Wellbeing Service Webinar

SUPPORTING YOUR TEEN'S TRANSITION TO COLLEGE - PARENT / CARER WEBINAR

Moving from secondary school to college involves lots of different changes for adolescents, including travelling new routes, becoming familiar with new environments and teachers, making new friends, and learning new subjects. This workshop aims to discuss these common worries and provide strategies to help you support your teen through the transition.

This workshop is for the parents and carers of teens that are going to one of our colleges: Merton, Carshalton, Wandsworth, Kingston, Croydon and Richmond.

DATE / TIME

Monday 6th July 1.00-2.00 pm

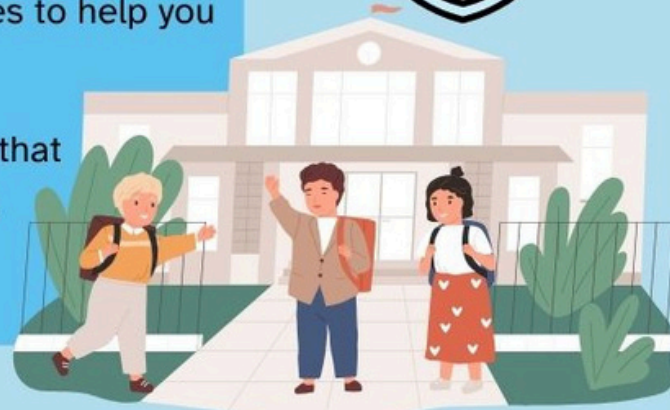
Wednesday 26th August 6.00-7.00 pm

LOCATION

Online - Hosted on Teams


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

Education
Wellbeing
Service



Sign up to this event
for free on Eventbrite
by scanning the QR Code or
following the link below:



[Click here to book](#)

wellbeinginschoolevents@swlstg.nhs.uk



June 2026 Timetable

All regular sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours

Understanding Anger	1 June 10am
School Anxiety	1 June 7pm
Facing Defiance	2 June 10am
Supporting Healthy Screen Use	2 June 7pm
Anxiety Explained	8 June 10am
Cannabis & Ketamine Awareness	8 June 7pm
Introduction to OCD	9 June 10am
What is ACT?	9 June 7pm
Decreasing Depression	15 June 10am
Raising Self-Esteem	15 June 7pm
Understanding the Teenage Brain	16 June 10am
Supporting Healthy Sleep	16 June 7pm
Improving Family Communication	22 June 10am
Autism-Improving Communication	22 June 7pm
Supporting a Child with ADHD	23 June 10am
Understanding Addictive Behaviour	23 June 7pm
ADHD and Homework	25 June 7-8pm

New! Online Evening Session for Parents & Carers

As part of Carer's Week, we're launching our first Preparation for Adulthood online session — designed to fit around busy family life.

Join Rachel Macleod for a supportive and informative session covering key topics for parents and carers of young people with SEND.



eventbrite



July
17

Wed 10 June



6:00-7:30pm

Preparation for Adulthood Hub

Online Evening Session



**Online via Eventbrite
Scan the QR Code**



localoffer@sutton.gov.uk



SEND
Sutton's Local Offer

**Open to all parents and carers,
whatever your child's age.**

Join us online to learn more about preparing for adulthood, connect with other parents, and gain advice from experienced parent facilitators and the PFA Hub team.

Book your place online and join us from home!

Join us for an informal session to explore the support available as your young person moves towards adulthood.

We'll talk through key topics, answer your questions, and help you feel more confident about the next steps, with guidance from local services who are here to support you and your family.

This session includes:

- Independent Travel Training Team
- Carer's Centre



 **Friday 26 June**
 **10am–12pm**

Preparation for Adulthood Hub

Parent Coffee Mornings



Sutton Life Centre
221 Sutton Common Road
SUTTON, SM3 9PY



localoffer@sutton.gov.uk



SEND 
Sutton's Local Offer

**Open to all parents and carers,
whatever your child's age.**

Learn more about preparing for adulthood, meet other parents, and gain advice from experienced parent facilitators and the PFA Hub team.

Book your place and come along!

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:

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



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

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.