

The Wallington Week

11th May 2026

Last Thursday, we formally said goodbye to our Year 13 students. Staff and younger students welcomed them into school with music and applause as they arrived for their final day together as a year group. The students then enjoyed inflatables on the back field, ice cream, and a special leavers' assembly to celebrate their time at Wallington High School for Girls. We wish them every success in their examinations and hope they will remain connected to the school as part of our alumni community. We are incredibly proud of them all.



Congratulations to our Year 12 students, who have now completed their examinations. Years 7, 8 and 10 will begin their assessments shortly, and we wish them the very best.

Last week, I visited Wilson's School to discuss our ongoing CCF collaboration. I continue to be immensely impressed by the commitment and dedication shown by our students who attend each week. Through CCF, students develop a wide range of valuable skills, including leadership, teamwork and resilience. Please do read the separate article later in this newsletter highlighting their many achievements.

Thank you to all parents and carers who have sent messages of appreciation to staff as part of National Thank a Teacher Day. Your comments have been greatly appreciated by colleagues across the school.

Well done also to all students who represented the school at the Borough Athletics competition on Friday.

This half term, the Humanities Department launched the Humanities Scholars Prize, inviting students to submit essays in History, Geography, Politics, Economics or Philosophy. The competition encouraged students to think deeply and critically about challenging questions such as "Is democracy in crisis?" and "Is it ever wrong to do the right thing for the wrong reasons?" We received an impressive number of entries from across the school, and our prefect team greatly enjoyed helping to create a shortlist of exceptional work.

The finalists were judged by our CEO, Dr Tom Flynn, and our Director of Humanities, Mrs Bochenski. Congratulations to Daniya in Year 10, who was selected as the overall winner. Special congratulations also go to Grace (Year 9), Ananya (Year 9), and Anna (Year 11). The judges were particularly impressed by the originality of ideas, the cross-disciplinary thinking and the depth of analysis demonstrated in the essays.

Finally, a reminder that Thursday is Enrichment Day. Please look out for timings and arrangements for each year group, as these will vary throughout the day.

- Ms T O'Brien
Headteacher



We were also delighted to welcome parents and carers to our Year 7 Parents' Evening on Thursday. It was a very positive event and a valuable opportunity to discuss students' progress, achievements and settling in as they near the end of their first full year at secondary school.

Our Gardening Club continues to flourish each Friday with a dedicated group of students. This term they have successfully grown leeks, broad beans, peas, tomatoes, broccoli, kale, onions, garlic, sunflowers and squash. Next week, students will also be installing benches as part of our continued work to improve the school environment.

Calendar

Attendance

Y7 Y8 Y9 Y10 Y11

97.5%

96.7%

96.3%

95.9%

94.7%

Week B

Monday 11th May

- Public Exams- **ALL WEEK**
- Y12 EOY Exams- **ALL WEEK**
- Osmington Bay x 10 Y12 -**ALL WEEK**
- Year 12 Personal Statement Day

Tuesday 12th May

Wednesday 13th May

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

Thursday 14th May

- Enrichment Day

Friday 15th May

- Central Detention- 3.10-4.10pm

Upcoming Events

12th May- KS3 Music Recital
22nd May- Wallington Walk

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](#)



Staff Messages

Mental Health Awareness Week 2026

Mental Health Awareness Week is a week-long campaign that takes place every year in May. This year it takes place 11-17 May 2026. It highlights the importance of good mental health, challenges stigma and promotes practical actions people can take to support their own wellbeing. It's one of the most high-profile public health campaigns in the UK, reaching millions of people through media, workplaces, schools, and community events.

Join your local Sutton services as we re-launch 'Your Community Hub' for Mental Health Awareness Week on Monday 11th May for one week only!

Your go-to space for FREE information, advice, support, access to local services & engaging activities.

With a different focus each day, Sutton services will be available to support local residents throughout the week, with a FREE mental health wind-down session to bring us all back into a grounded space.

So for our adults and older residents, please join us at the old TazZa coffee shop from 9.30am - 1pm each day, and then for our younger people, we will be exploring mental health over in Unity Junction, St Nicholas, from 2.30pm onwards.

Please check out our programmes for the week and be sure to join in, because in Sutton, you are never alone and it's #oknottobeok

-Mrs Sundborg
Assistant Headteacher & DESL

YOUR COMMUNITY HUB IS BACK AT TAZZA!
WORKING TOGETHER FOR MENTAL HEALTH AWARENESS

MENTAL HEALTH AWARENESS WEEK
11 - 16 May 2026

MENTAL HEALTH FOUNDATION

ACTION

For yourself, for someone else, for all of us.

Together For Sutton | **Creating HOPE** | **Radio St Helier** | **DCF** | **CHANGE THAT MATTERS** | **ses WATER** | **Sutton**

The banner features a purple and orange background with a large white arrow pointing right. It includes logos for the Mental Health Foundation, Together For Sutton, Creating Hope, Radio St Helier, DCF, Change That Matters, ses Water, and Sutton. Three icons at the bottom represent hands shaking, hands clapping, and a megaphone.

Medication

As we prepare for upcoming enrichment activities and Wallington Walk, we want to ensure the safety and wellbeing of all students. If your child requires any medications – such as EpiPen's, antihistamines, inhalers, or other essential medications – please ensure these are supplied to the school as soon as possible.

Students must also carry their own first-response EpiPen and/or inhaler daily and during all enrichment activities. This is essential to ensure immediate access in case of an emergency.

- A spare set of the same medication must also be provided to the school to be stored in the First Aid Room.

Please note that students will not be able to participate in any enrichment activities if their required spare medications have not been provided or if they are not carrying their own personal emergency medication. (both sets are required)

Please check that:

- Medications are clearly labelled with your child's name.
- All medication is in-date and in its original shatterproof non-glass packaging.
- You have completed and submitted any relevant medical forms for each medication to the school office/ First aid room. This form is available:
 - On the WHSG website - under School Life > Pastoral Care, or
 - Directly via this link: <https://www.wallingtongirls.sutton.sch.uk/page/?title=Student+First+Aid+%26amp%3B+Medication+Information&pid=105>

Please ensure that replacement medication is provided when expiry dates are reached. Regular checks of your child's medication are essential, as it is the parent's/carer's responsibility to ensure the medication is correct and in date.

Thank you for your cooperation in helping us keep every student safe and supported.

-Mrs Newell
First Aid Officer



Student Achievements

Jack Petchey Article

The Jack Petchey Achievement Award is an amazing way to recognize talent, hard work and kindness through our school values! Each term, 3 people get selected based on curiosity, courage and compassion. I got selected for curiosity by researching science at a deeper level, but others contributed so much too in terms of helping not only people in our school community, but the area we live in and people in need. As part of the achievement, we each got £300 to spend on the school in different ways such as enrichment or the library! 6 of us attended the Jack Petchey Award ceremony at Epsom Playhouse on the 28th of April to see and celebrate how young people across Sutton have contributed to the community and pushed themselves to be better people. The ceremony was amazing but nerve-wrecking due to the presence of many people. However, when we went on stage, everyone was very supportive and we got given a medallion to recognize our achievements. At the event, we saw AmAzInG performances that included the violin and rapping. I also want to say thanks to Mrs. Stockley for organizing this opportunity and the people who selected their friends for the award, you guys are just as incredible as those who got selected. I can't wait to see what YOU will do to make yourself and the world a better place!

-Eshika 9 Curie



Student Achievement - Athletics

We are delighted to celebrate the achievement of Iva (Year 7), who proudly represented Sutton in the U14 TCS Mini London Marathon on Saturday 25th April. Iva completed the challenging 2.6km route, finishing on The Mall with a new personal best and earning a well-deserved finisher's medal. Running on the iconic streets used for the full London Marathon the following day made the experience particularly special, and Iva's participation was even featured during the live BBC coverage of the event. Remarkably, this achievement comes just two weeks after Iva completed her 100th parkrun, coinciding with London Marathon weekend – a testament to her dedication, resilience and love of running. We hope her success will inspire other students to take part in future sporting events.



Outstanding Year of Achievement for CCF Cadets

Students at Wallington High School for Girls have enjoyed an exceptional year in the Combined Cadet Force (CCF), demonstrating leadership, resilience and commitment across a wide range of prestigious events and training opportunities.

The year began with a significant honour, as eight cadets represented the Army Cadet Forces at the VE Day 80 "Tower Remembers" event at the Tower of London. Their responsibilities included supporting veterans, participating in the formal parade, and assisting at a VIP reception attended by the Secretary of State for Defence.

Throughout the year, cadets have continued to achieve at the highest levels. Two students were selected to represent the Corps at the Mayor of London's Armed Forces Day, while others attended national events such as the Royal International Air Tattoo. A major highlight saw 90 cadets attend Brigade Summer Camp, where they were chosen to demonstrate a platoon attack to a visiting Brigadier and went on to win the overall Competition Day.

Leadership development has been a particular strength, with multiple students successfully completing the prestigious Master Cadet Course and taking on senior roles within the contingent. Notably, this cohort marks the first time that the majority of senior student leaders have come from Wallington High School for Girls.

Cadets have also excelled in competitions, with the Royal Air Squadron Trophy Team achieving a historic regional win by the largest margin ever recorded and progressing to national finals.

Alongside these achievements, all recruits successfully passed their training camps, and cadets participated in a full programme of field exercises, leadership training and community events, including Remembrance services at both local and national level.

This has been a truly outstanding year for the CCF, reflecting the dedication, teamwork and ambition of our students.

Notable Cadet Achievements

This success is further reflected in the outstanding accomplishments of individual cadets:

Army Section

2024-25: Alex, Connie and Charlotte were all promoted to Company Sergeant Major (CSM) and successfully completed the Master Cadet Course. This marked a significant milestone, with the majority of senior Non-Commissioned Officers drawn from Wallington High School for Girls.

2025-26: Poppy, Lucy and Varunika have been promoted to Colour Sergeant. Poppy serves as Second-in-Command of Recruits Company, while Lucy is Company Quartermaster Sergeant (CQMS) for WHSG cadets and leads the WHSG Platoon within Recruits Company.

RAF Section

2024-25: Adithya was promoted to Sergeant and served as Second-in-Command of the RAF Recruits Squadron. A large number of WHSG cadets were also key members of the Royal Air Squadron Trophy Team.

2025-26: Siyanu has been promoted to Sergeant and is the senior WHSG RAF cadet. Nivedya (Captain of Shooting), Cassie, and Smriti (Captain of First Aid) are all members of the Royal Air Squadron Trophy Team, who are Regional Champions and National Finalists.

This has been a truly outstanding year for the CCF, reflecting the dedication, teamwork and ambition of our students, as well as the strength of the programme in developing confident, capable young leaders.

Message

Sutton Music Trust

As part of Sutton Music Trust's commitment to supporting our young people and showcasing musical pathways post-16, we are delighted to invite you and your child to an online talk hosted by the Royal Birmingham Conservatoire on Tuesday, 19th May 2026 at 6pm.

Here you will learn about the courses on offer at Birmingham, have a chance to learn more about the student experience, and ask questions to current tutors and students.

[Sign up here](#) by Friday, 15th May 2026 - a link to join the session will be shared via email nearer the time.

-Andy Bragg
Sutton Music Trust

Parent Resources

Online support courses for Parents



Building Emotional Resilience

Work through six stages of directed exercises to help your child (and yourself) improve emotional resilience.



Facing Defiance

A specific strategy aimed at supporting parents of children aged 5 to 12 with ADHD, ODD or just very challenging behaviour.



You & Your Teen

A skills building course for one parent and one teen (12 years old and above) to learn how they can both improve their communication with each other.

www.facefamilyadvice.co.uk
Online Parenting Courses page
Email: info@facefamilyadvice.co.uk



Sustainability



FACTS

- The world is experiencing a human-caused climate crisis and we're facing unprecedented levels of biodiversity loss due to human actions.
- Eco-anxiety or Climate change anxiety is often defined as a chronic fear of environmental doom, a worry for what might happen if the world does not take action to avert disaster in time.



TIPS/SOLUTIONS

- At WHSG we are embarking on a journey to educate our staff and young people in understanding that all is not lost. We have begun to make changes that will have a positive impact in our school environment and look forward to forging links with our local and wider communities.
- "Every time we act, we make both external and internal changes that disrupt the self-fulfilling prophecy of powerlessness," "If we believe we're powerless, why would we act? But if we believe we have power, why wouldn't we act?" Sacha (Force of Nature).
- [Eco-anxiety: How to cope at a time of climate crisis | Natural History Museum](#)

MENTAL HEALTH AWARENESS WEEK 2026

Join your local Sutton services as we re-launch 'Your Community Hub' for Mental Health Awareness Week on Monday 11th May for one week only!

Your go-to space for FREE information, advice, support, access to local services, daily refreshments, snacks & engaging activities.

Broadcast live from Radio St Helier all week.

YOUR COMMUNITY HUB PROGRAMME FOR ADULTS & OLDER PEOPLE

<p>Mon 11th May</p> <p>Your Community Hub Re-Launch with Radio St Helier & Madam Mayor 9.30am</p> <p>Services 10am - 12pm</p> <p>Wind Down 12pm - 1pm</p>	<p>Tues 12th May</p> <p>Together for Sutton</p> <p>Volunteer Recruitment Pop-Up 9.30am - 12pm</p> <p>CAP Job Club</p> <p>BP Checks</p> <p>Wind Down 12pm - 1pm</p>	<p>Weds 13th May</p> <p>Creating Hope</p> <p>Emotional Health Services</p> <p>Coffee & Conversations 11am - 12pm</p> <p>Wind Down 12pm - 1pm</p>	<p>Thurs 14th May</p> <p>BeEpic</p> <p>Women's Mental Health 9.30am - 11am</p> <p>Menopause Chat 11am - 12pm</p> <p>Wind Down 12pm - 1pm</p>	<p>Fri 15th May</p> <p>THE PERCENTERS.</p> <p>THE MAN CAVE. 9.30am - 12pm</p> <p>LET'S CHAT. 12pm - 1pm</p> <p>Proper Blokes Club 4pm - 6pm</p>	<p>Sat 16th May</p> <p>Celebrating Mental Health #itsoknottobeok</p> <p>Therapy Workshop 11am - 12pm</p> <p>Art Therapy Wind Down 12pm - 1pm</p>
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Your Community Hub, 188 High Street, Sutton, SM1 1NR (formally TazZa)

If you are a Sutton resident or professional, and you are not sure where to get help and support from, please contact our Together for Sutton team to speak to someone who can help!

Come along & join us, because you are never alone in Sutton!

020 8254 2616



MENTAL HEALTH AWARENESS WEEK 2026

UNITY JUNCTION PROGRAMME FOR CHILDREN & YOUNG PEOPLE

Mon 11 th May	Tues 12 th May	Weds 13 th May	Thurs 14 th May	Fri 15 th May
Duffus Foundation	Talk 'Off the Record'	Exam Stress Management Tool Kit	THE PERCENTERS.	Duffus Foundation
Wellbeing Workshop Healthy Lifestyles 2.30pm - 4pm	Young People's Mental Health Tool Kit 2.30pm - 4pm	2.30pm - 4pm	THE WHAT YOU'RE NOT TOLD ABOUT WORKSHOP. 2.30pm - 4pm	Positive Communication 2.30pm - 4pm
Wellbeing Workshop Healthy Lifestyles 4pm - 5pm	Wind Down 4pm - 5.30pm	Group Discussion Led by CDI Youth Views Workshop on Mental Health 4pm - 5.15pm	Wind Down 4pm - 4.30pm	Wind Down 4pm - 5.30pm
Snacks available	Snacks available	Snacks available	Snacks available	Snacks available

Unity Junction, St Nicholas Centre, St Nicholas Way, Sutton, SM1 1AY

If you are a Sutton resident or professional, and you are not sure where to get help and support from, please contact our Together for Sutton team to speak to someone who can help!

Come along & join us, because you are never alone in Sutton!

020 8254 2616

Upcoming Events For Secondary Parents Summer Term 2026

Supporting your teenager's mental health webinars

We also provide free 1:1 early help support programmes for young people to support with anxiety or low mood. Speak to your school to find out more.

21ST APRIL 26
7 PM - 8 PM

Managing Exam and
Assignment Stress
(Years 7-10)

23RD APRIL 26
1 PM - 2 PM

10TH JUNE 26
1 PM - 2 PM

Supporting your
teenager with
emotional
difficulties and
self-harm

18TH JUNE 26
7 PM - 8 PM

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](#)



BRAIN BOOSTING FOODS FOR EXAM SEASON



YOGHURT
Steady Energy,
Sharp Thinking

BANANAS
Natural
Serotonin!



EGGS
For
Memory
& Focus



FISH Omega-3s
for Brain Power!



DRINK UP

Brain
Boosting
Hydration



**DON'T FORGET
TO GET YOUR
FREE PORRIDGE
FROM THE SCHOOL
RESTAURANT**
Fibre Powered
Brain Fuel!



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 needs arise 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.