

The Wallington Week

Monday 19th January
2026

We are now finalising option choices for students in **Year 9 and Year 11**, and we would like to remind families of the key upcoming dates. For **Year 9 students choosing their GCSE subjects**, the online options form will be released on **Friday 6 February** and must be completed by **Monday 24 February**. For **Year 11 students making A Level choices**, the options link will be sent out within the next week and must be returned by **Tuesday 4 February**. These choices are submitted via **Applicaa**. Although this is an options process rather than an application, it is a crucial part of our curriculum planning. The Sixth Form timetable is built around these choices, and places in each class are reserved accordingly, so it is important that students choose carefully, as changes later can be difficult. When making final decisions, we encourage students to select subjects they enjoy and are well suited to, thinking carefully about their strengths and future pathways rather than following friends.

I am delighted to announce the appointment of our new Year 12 Head Girls and Senior Prefects. Congratulations to Sophia and Gracie, who have been appointed Head Girls. The selection process was very rigorous and included a campaign, hustings and interview.

Well done also to Frema, Evanam and Caitlyn, who have been appointed as Senior Deputy Head Girls. We look forward to seeing all of our new student leaders in action.

Year 13 students have done exceptionally well in their recent mock examinations. The effort they put into preparation and the learning gained through the revision process will be invaluable as they move through the remainder of the year.

Year 10 and 11 Media Studies students recently attended a study day at the British Film Institute, focused on the newspaper industry. Students explored reasons for declining circulation and readership, the political bias evident in print news, and the impact of the digital revolution on how news is reported and consumed. They also worked through key examination content with Rob Miller, a highly respected media studies expert, and took part in a Q&A session with Joseph Harker, Senior Editor for Diversity and Development at The Guardian. He spoke about the importance of diverse voices in journalism and how the industry has evolved during his thirty-plus years as a journalist.

I have heard our students were so impressive, that Rob Miller came over to compliment them during the break and asked which school they were from.

Please see the below Ofcom handout, which provides information about different social media apps along with guidance on their use. We hope families find this a helpful resource for supporting young people online.

– Ms T O'Brien
Headteacher



Upcoming Events

- 22nd January- Year 12 Parents' Evening
- 30th January- Sixth Form Winter Ball
- 12th February- Year 9 Parents' Evening

Useful Links

Co-Curricular Activities

SOCs, the school's online system for Co-Curricular activities, will allow your child to see all available activities but also allow you to view after school registers to see if your child is attending and in school.

Careers Noticeboard

For live updates on careers related opportunities please [click here](#).

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

Current Vacancies

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

Calendar

Week A

Monday 19th January

- Year 13 Mock Exams Orals- Monday-Wednesday
- Year 11 Guidance Meeting – ALL WEEK
- Badminton Interhouse (y11/sixthform) 3-4.30pm

Tuesday 20th January

Wednesday 21st January

- Central Detention-KBS (E06) 3.10-4.10pm
- ADHD (Online workshop 6pm)
- Year 9 Parents' Evening Appointment Bookings Open 7pm

Thursday 22nd January

- Y12 Parents' Evening 16:00-19:00pm

Friday 23rd January

- Central Detention- 3.10-4.10pm

Attendance

1st Sept 25-
1st Jan 26

Y7

97.18%

Y8

96.24%

Y9

95.80%

Y10

95.97%

Y11

95.31%

Staff Messages

Parent Workshop: E-Safety

Date and time: Mon 9th Feb 2026, 18.00-19.00

Facilitator: Steve Welding - Education E-safety Adviser from Cognus

Location: This is a virtual event - Teams

Steve Welding is an online safety specialist who wishes to educate all parents on how they can support their children to make the correct choices online. As a parent or carer you play a key role in helping your child to stay safe online. You don't need to be an expert on the internet to help keep your child safe online. This workshop will provide you with advice and resources to help you in supporting your child to use the internet safely, responsibly and positively.

Please see the meeting details below:

Microsoft Teams Meeting

Meeting ID: 328 317 871 653 4

Passcode: 2qr6gX3M

Popular Apps and Games - Parent Guide

Drawn from the **Ofcom Online Nation Report 2025** this free handy guide (attached) for parents and carers looks at the more popular apps and games used by children and young people. Specifically it covers:

- Key insights
- A comparison of safety and wellbeing features within apps and games
- Help and support links for those games and apps (e.g. Family Pairing, YouTube Supervised Experience etc.)
- A few of the more popular helplines
- App/games reviews from Common Sense Media

Parent Workshop: Understanding ADHD

Date and time: Wed 21st Jan 2026, 18.00-19.00

Facilitator: Dr Rachel Rebello - Educational & Child Psychologist

Location: This is a virtual event - Teams

In this training we will unpack the core features of ADHD, including attention challenges, impulsivity and hyperactivity. Parents will learn practical strategies to support their child's focus, emotional regulation, and daily routines, with insights into both strengths and struggles.

Meeting [link here](#).

'What I wish my parents or carers knew...': A guide for parents and carers on managing children's digital lives

The Children's Commissioner for England has published a guide which:

- Explains common online challenges
- Helps families start and sustain open conversations
- Provides support with setting boundaries
- Includes a checklist of actions and an additional activity pack for children

Click on the link below for the guide -

'What I wish my parents or carers knew...': A guide for parents and carers on managing children's digital lives | Children's Commissioner for England

-Mrs Sundborg Assistant Headteacher & DSL

Staff Messages

RSPB Big Garden Birdwatch 23-25th January 2026

This year WHSG are taking part in the RSPB Big Schools' Birdwatch. This will take place on the school grounds on 26th January 2026 and all students and staff are invited. This will help the RSPB to create a "snapshot" of how birds are doing across UK schools, and will help us to get an indication of the biodiversity of our school grounds based on the birds that visit. But you can also make a difference at home by taking part in the Big Garden Birdwatch from 23-25th January 2026.

The RSPB's Big Garden Birdwatch is the world's largest garden wildlife survey. Every year, hundreds of thousands of nature lovers take part, helping to build a picture of how garden birds are faring. For more information and to sign up, please visit: [Big Garden Birdwatch](#). It is free to take part, and there is a handy guide and ID chart available to download if you are not already a bird watching expert! It is a lovely activity to do with the whole family, and you can even make some easy homemade bird feeders using recycling-see this website for ideas: [Feed the birds](#).

We hope you enjoy taking part in this activity at home.

-Mrs Henderson and Mrs Corfield
WHSG Sustainability Leads



Medications

As we prepare for upcoming enrichment activities, we want to ensure the safety and wellbeing of all students. If your child requires any medications – such as EpiPens, 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. Please note that students will not be able to participate in any enrichment activities if their required medications have not been provided or if they are not carrying their personal emergency medication.

Please check that:

- Medications are clearly labelled with your child's name.
- All medication is in-date and in its original packaging.
- You have completed and submitted any relevant medical forms for each medication to the school office/ First aid room.

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

-Mrs Newell, First Aid

Staff Messages

Parent Governor Opportunity

We are seeking an individual to join the Wallington High School for Girls Local Governing Body as a Parent Governor for a term of four years.

Being a Parent Governor is an excellent opportunity to contribute your skills to the school and its community, as well as being an opportunity for professional and personal development. As a Parent Governor, you will develop an understanding of how to analyse and use data, how to manage different stakeholders, how to navigate challenges and how to think and act strategically. You will also gain a good understanding of the education sector and experience of governance meetings.

We are looking for an individual who can:

- Think strategically to contribute to the development of the school
- Provide appropriate challenge and support to the Headteacher
- Contribute to discussions and reflect on different points of view
- Analyse and interpret data and statistics relating to school performance

The role of Parent Governor is an elected one. By submitting your supporting statement, you are putting yourself forward for election. The Parent Governor election will be open to all parents and those with parental responsibility at Wallington High School for Girls. In order to be eligible, you must be a parent of a student at Wallington High School for Girls. The term of office is for four years.

If your child is a student at Wallington and ceases to be so before your term of office ends, you will not be eligible for re-election. However, if your child is still a student at Wallington when your term of office ends, you will be eligible for re-election if you wish to stand.

By submitting your supporting statement, you confirm you are a parent of a child or have parental responsibility for a parent of a child at Wallington High School for Girls.
To apply

Please send a supporting statement of up to 500 words about why you think you would be a good candidate for this role to Helen Palmer, Headteacher's PA at hpalmerewallingtongirls.org.uk by Monday 26 January 2026.

More information can be found in the recruitment pack [here](#).

If you have any questions about the role, please contact governance@girlslearningtrust.org

Sustainability



FACTS

- If glass isn't recycled, it typically ends up in landfills, taking hundreds to thousands of years to break down (or weather into sand/salt), taking up space, and representing a waste of natural resources like sand, soda ash, and limestone needed for new glass
- When the glass is taken to a manufacturing or recycling plant, it is broken up into smaller pieces called cullet



TIPS/SOLUTIONS

- Recycling a single glass bottle will save enough energy to power a laptop for half an hour or a 100-watt bulb for about four hours
- Recycling glass uses significantly less energy (around 40% less) than producing new glass, cutting CO2 emissions by about 20% and water pollution by 50%



Popular Apps and Games for Children

A Handy Guide for Parents



This resource has been produced and is copyright protected by Alan Mackenzie, SafeICT Consultancy Ltd. All information is correct as of January 2026

Key insights for parents

This handout is for parents and carers, it summarises key findings from Ofcom's Online Nation 2025 report and related Ofcom children's research.

It will help you quickly compare the built-in tools children and parents can use to support healthier use — such as private accounts, messaging controls, reporting, content filters and screen-time reminders.

Mostly positive — but mixed feelings

- 91% of children aged 8–17 say they're happy with the things they do online.
- 56% say being online has a mostly good effect on how they feel about themselves (3% mostly bad).
- 34% say it can be both good and bad.

Age-appropriate content isn't guaranteed

- 81% of 8–17s say they're happy the things they see online are appropriate for their age.
- Only 31% say this is always true.

Late-night use on major platforms

- Across YouTube, Snapchat, TikTok and WhatsApp, 8–14s spend 15–24% of their time between 9pm–5am.
- 4–10% of time is between 11pm–5am, depending on the platform.

Harmful content & reporting

- Ofcom reports that seven in ten 11–17s have seen or heard harmful content in the last 4 weeks.
- Most common types: bullying-related (58%) and hate-related (49%).
- 64% took some action afterwards, but only 11% reported it and 10% told an adult.

Learning and spending

- 78% of 13–17s say the internet helps with schoolwork (72% of parents agree).
- Four in five 3–17s (80%) do creative activities online (including tutorials and game walkthroughs).
- In games, 42% of 13–17s said it was unclear what they were buying, and 41% said they often overspend.

Popular Social Media Apps

A quick comparison of built-in safety and wellbeing tools (features may vary by age and account type).

Legend: ✓ Available ⦿ Limited / age-restricted ✗ Not available (use device-level controls instead)

Feature	YouTube	TikTok	Instagram	Snapchat	WhatsApp	FB Messenger	Discord
Minimum age / age assurance	✓ 13+ ⦿ <13 Kids	✓ 13+	✓ 13+ (Teen Accounts)	✓ 13+	✓ 13+ (UK)	✓ 13+	✓ 13+
Account privacy defaults & "who can contact me"	⦿	✓	✓	✓	⦿	✓	✓
Messaging / DMs	✗	✓ (16+ DMs)	✓ (teen limits)	✓	✓	✓	✓
Restricted contacts (unknowns)	⦿	✓	✓	✓	⦿	✓	✓
Blocking & reporting	✓	✓	✓	✓	✓	✓	✓
Content controls (sensitive content, search)	✓	✓	✓	✓	✗	⦿	✓
Screen time / break reminders	✓	✓	✓	✗	✗	⦿	✗
Live streaming controls	✓	✓	✓	N/A	✗	⦿	⦿
Location sharing / discoverability	✗	⦿	⦿	✓ (Snap Map)	✓ (Live location)	⦿	✗
Parent tools / supervision	✓	✓	✓	✓	✗	✓	✓
Purchases, gifting, ads / monetisation controls	⦿	⦿	⦿	⦿	⦿	⦿	⦿

Age notes:

- TikTok DMs are 16+ only.
- Instagram has Teen Accounts and extra protections for under-18s.
- Snapchat Snap Map can be set to Ghost Mode.
- WhatsApp is phone-number based (use privacy settings to limit groups/contacts).
- YouTube has 3 levels of content filtering: Explore, Explore More and Most of YouTube.

Popular Games & Platforms: Safety Features

This page summarises key safety and parental-control settings for popular game services, plus common console-level controls.

Symbols: ✓ available | ✗ not available | ⓘ varies by age/device.

Feature	Roblox	Minecraft	MONOPOLY GO!	Poki / Poki Kids	Pokémon Showdown	Game consoles (PS / Xbox / Switch)
Minimum age / age assurance	ⓘ Under 13 can play. From Jan 2026: age check required for Communication features (Experience chat, Party chat, Voice). 13+ can use ID as an alternative method.	ⓘ Age ratings vary; child accounts can require parent setup.	ⓘ Younger players allowed; some features limited by age.	✓ Poki.com is 16+; under-16s use kids.poki.com.	ⓘ No stated minimum age; open web service with rules for conduct.	✓ Child accounts and age-based access settings.
Account privacy defaults & who can contact me	✓ Parents can limit who can contact the child (friends only / no one) via parental controls.	✓ Managed via Microsoft/Xbox privacy settings.	ⓘ Limited (mainly friends/links); fewer privacy controls than social platforms.	✗ No accounts (generally).	ⓘ Nickname-based accounts; limited privacy controls.	✓ Platform privacy & communication settings.
Text chat / messaging	ⓘ Age check required to enable chat. 5–9: parent consent needed to enable Experience chat. Under 13: parent consent needed to enable Direct chat.	✓ Can allow/block text & invites via account settings.	✗ No open player chat (support chat only).	✗	✓ Public chatrooms + private messages.	✓ Restrict messages across games/services.
Voice chat	ⓘ Age check required. Voice controls are available for users age-checked as 13+ in supported regions; phone verification no longer unlocks voice.	ⓘ Usually platform-based; restrict voice via account/console settings.	✗	✗	✗ (text-based).	✓ Restrict voice chat / party chat.
Restricted contacts (unknown players)	ⓘ Age-based chat limits who can chat (by age groups). Parents can tighten communication further in parental controls.	✓ Friends-only / block (account settings).	ⓘ Friends list only; remove friends to limit contact.	✗	ⓘ Open chat; can ignore/block users individually.	✓ Friends-only and approval controls.
Blocking & reporting	✓ Block and report users/experiences.	✓ Hide chat from a player; report abuse.	ⓘ Report issues via in-app support.	ⓘ Contact site/support to report concerns.	✓ /ignore and reporting tools; moderated chat rooms.	✓ Reporting tools vary by game + platform.
Content controls (sensitive content, recommendations, search limits)	✓ Chat filters; restricted experiences require age verification; maturity labels.	ⓘ Control multiplayer/servers; chat and invites can be restricted.	✗ No user-generated feeds; limited content settings.	ⓘ Poki Kids is curated; main site is general.	ⓘ Rules/moderation for chat; no personalised filters.	✓ Age ratings and content restrictions at platform level.
Screen time / break reminders	✓ Usage insights and optional daily time limits via parental controls.	ⓘ Use device/console or Microsoft Family Safety time limits.	✗	✗	✗	✓ Time limits and bedtime settings.
Location sharing / discoverability	✗	✗	✗	✗	✗	✗
Parent tools / supervision	✓ Parents can manage communication settings and can update a child's age via parental controls if the age check needs correcting.	ⓘ Microsoft Family Safety / Xbox Family Settings.	✗ (mostly device-level).	✗	✗	✓ Parent apps + family management.
Purchases, gifting, ads / monetisation controls	✓ Spend limits and purchase restrictions via parental controls.	ⓘ Store/console purchase controls + approvals.	ⓘ In-app purchases: use Apple/Google purchase controls (and device Screen Time).	ⓘ Ad-supported; limited purchasing.	ⓘ Ad-supported; no in-app purchases.	✓ Spending limits, approvals, and restrictions.

Tip: Settings change often, so it's worth checking these pages regularly.

Apps & Games

Popular apps

- TikTok: [Family Pairing](#) | [Guardian's guide](#)
- Instagram: [Meta Family Center](#) | [Instagram Help Center](#)
- Snapchat: [Family Centre](#)
- WhatsApp: [Safety & Security](#) | [Privacy check-up](#)
- Discord: [Family Center](#) | [Safety Center](#)
- YouTube: [Supervised experiences](#) | [YouTube Kids](#)

Popular games & platforms

- Roblox: [Parental controls](#) | [Age checks for chat \(Jan 2026\)](#)
- Minecraft: [Parental controls](#)
- MONOPOLY GO!: [Help Centre](#)
- Poki Kids: [Parents](#)
- Pokémon Showdown: [Contact / report](#)

Devices & Consoles

Phones, tablets & accounts

- Apple (iPhone/iPad): [Screen Time parental controls](#)
- Android / Chromebook: [Google Family Link](#)

Game consoles

- PlayStation (PS4/PS5): [Account & family settings](#) | [PlayStation Family app](#)
- Xbox: [Xbox Family Settings app](#)
- Nintendo Switch: [Parental controls](#)

Below are summaries from [Common Sense Media's](#) reviews and community feedback.

YouTube Common Sense Says: 13+ Vast video library can entertain and educate, but age-inappropriate videos, comments, and ads are easy to stumble across. Supervision and Restricted mode help. Link: Read review	TikTok Common Sense Says: 15+ Creative short videos and trends, but expect swearing/sexual references and heavy scrolling. Use Family Pairing, teen defaults, and time limits. Link: Read review	Instagram Common Sense Says: 15+ All-in-one app for sharing, shopping, and scrolling. Ads and public profiles can increase pressure and exposure to mature content—keep accounts private. Link: Read review
Snapchat Common Sense Says: 16+ Messaging with disappearing photos/videos and curated content. Location sharing (Snap Map) needs care—use Ghost Mode and Family Center. Link: Read review	WhatsApp Common Sense Says: 14+ Messaging and calls with individuals and groups. Useful for staying in touch, but limited parental controls—watch group chats and unknown contacts. Link: Read review	Facebook Messenger See review If your child uses Messenger, check message requests, privacy settings, and who can contact them. Agree clear rules for adding contacts and sharing photos. Link: Read review
Discord Common Sense Says: 13+ Voice/text chat with servers. User-generated content can include swearing and mature topics—use DM filters, server settings, and Family Center. Link: Read review	Roblox Parents Say: 10+ • Kids Say: 9+ Popular creative game platform, but many users warn about inappropriate content and stranger contact. Supervise chat/friends and review privacy settings. Link: Read review	Minecraft Common Sense Says: 8+ Creative building and exploration. Online multiplayer can involve chat with others—use private servers/real-life friends and adjust account settings. Link: Read review
Poki (browser games) Common Sense Says: 14+ Free web games hub with a wide mix of content and ads. Younger children are better with curated, age-appropriate game libraries. Link: Read review	MONOPOLY GO! No Common Sense review found If you can't find a review, use the app store age rating, check in-app purchases, and supervise any online/social features. Link: Search Common Sense Media	Pokémon Showdown No Common Sense review found If you can't find a review, use site/app age guidance, check chat/online play options, and supervise interactions with strangers. Link: Search Common Sense Media

If a child sees something upsetting, is being pressured or threatened, or you're worried about contact from an adult, these UK services can help. For most situations: pause, save evidence (screenshots), and report.

CEOP (NCA)

Child Exploitation and Online Protection Command (part of the National Crime Agency).

Use CEOP if an adult is contacting a child sexually online, or you're worried about online sexual abuse or grooming.

Website: ceop.police.uk

NSPCC

A UK charity working to prevent child abuse and help keep children safe. Provides advice for parents and carers, guidance on online safety, and reporting routes.

Website: nspcc.org.uk

Childline

Free, confidential support for children and young people under 19 (run by the NSPCC).

Children can get help with anything that's worrying them — including online bullying, sextortion, grooming or pressure.

Website: childline.org.uk

Report Harmful Content

A UK Safer Internet Centre service that can advise, signpost, and help escalate reports of harmful online content.

They can support with requests to remove harmful content (for example, images or videos) seen online.

Website: reportharmfulcontent.com

Join us for a warm and welcoming parent-carer meetup.

Come along to:

- **Connect with other parents**
- **Chat with the Local Offer Officer**
- **Meet visiting organisations and services**
- **Hear updates on support, events and opportunities**
- **Help shape future sessions as the coffee morning develops**

 **Starting Friday 30th January**
 **10:00am – 12:00pm (weekly)**

Preparation for Adulthood Hub

Parent Coffee Mornings!



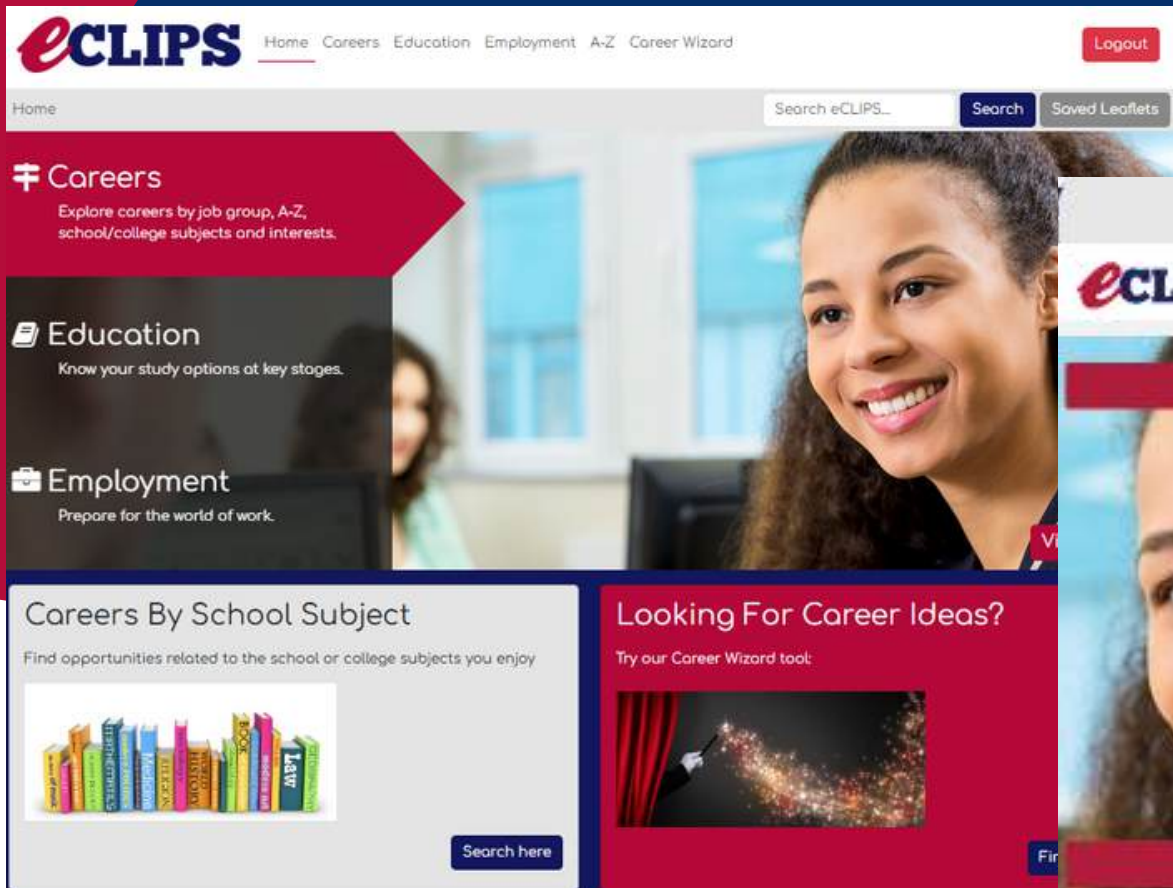
 **Sutton Life Centre,
Alcorn Close SM3 9PX**
 **localoffer@sutton.gov.uk**

A relaxed weekly space for parent carers to connect, chat and access support

 **From Beans & Bloom:
Coffee + Cake for £5!
A special offer for all attendees.**



eCLIPS Makes Careers Exploration Simple!



1400+ careers
Labour market information
Live vacancies
Careers by school subjects

Study options
Employment choices
Apprenticeships
Career matching tool

Login to:



www.eclips-online.co.uk

Password: goiseco33

Everyone deserves a life without domestic abuse

For support, visit Sutton DASS women-only 'One Stop Shop':

Every Wednesday 9.30am – 11.30am

We have a new location:
Thomas Wall Community Lounge
64 Robin Hood Lane
Sutton SM1 2RG
(next to the Robin Hood Pub)

Sutton DASS is a LGBTQI+ and
Global Majority inclusive service

020 8092 7569
cranstoun.org



Join our webinar on teenage vaccines

Join our upcoming information session to learn more about the vaccines that are offered to your child in year 8 and 9.

**Tuesday 20 January
13:00 – 14:00
Scan the QR code to
join the call!**



Join our webinar on teenage vaccines

Join our upcoming information session to learn more about the vaccines that are offered to your child in year 8 and 9.

**Thursday 29 January
16:00 – 17:00
Scan the QR code to
join the call!**



Attendance

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

attendance@wallingtongirls.org.uk

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

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

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

Contact Information and emails

If you need to update your home address or contact telephone number, emergency contacts or any other information, please send the updates to:

KS3 and 4 –

mandrews@wallingtongirls.org.uk

KS5 –

jday@wallingtongirls.org.uk

When replying to any SchoolComms emails, please use the individual contact email provided and for general enquiries use info@wallingtongirls.org.uk



Parking

Parking Please note that parents are unable to park or drive into the school grounds between the hours of 7.30am-4.30pm for safeguarding reasons.

Families can contact our reception to ask for permission, where the need arises for a pupil with mobility issues.

reception@wallingtongirls.org.uk

Please also ensure that when dropping your child at school each day, you are respectful of our local residents by not blocking drives and roads or impacting others' safety by parking or dropping off your child(ren) irresponsibly

Punctuality

Punctuality Good punctuality to both lessons and to school is expected of all students. We know that employers place great importance on punctuality and attendance, therefore it is important for our students to understand the value of being on time.

If a student is late 3 times within a half-term (roughly 6 weeks) they will receive a 60 mins detention on a Wednesday or a Friday. If the student is late again within the half-term they will receive an automatic 60 mins detention, a late report and there will be a meeting with parents. This will re-set at the start of each half-term

We ask that parents support these actions as important processes for the school and understand that detentions cannot be moved for any after school clubs or enrichment events. Should a detention clash with a medical appointment, evidence will be requested for the school to show flexibility.