HEIRS OF THE PAST, MAKERS OF THE FUTURE

The Wallington Week

16th November 2026

It has been another busy week at WHSG!

Our Year 11 students have now completed their mock examinations. They have been absolutely brilliant throughout, approaching their exams with maturity, determination and a positive attitude. We have been particularly impressed by the way they have conducted themselves, and they should be very proud of their efforts. We hope they enjoy a well-deserved break from revision this weekend!



We were also delighted to welcome our local MP, Bobby Dean, to school this week to speak to Year 9 students. It was a valuable opportunity for students to learn more about the role of an MP, how Parliament works and the importance of engaging with the democratic process. We are very grateful to him for taking the time to visit us.

We also waved off a group of students heading to CERN in Switzerland, home to the world's largest particle physics laboratory. This is a fantastic opportunity for them to see cutting-edge scientific research in action. We hope they have a wonderful trip and look forward to hearing all about their experiences when they return!

As part of Sustainability Week, we have been taking part in the national 'Turn It Off' initiative, encouraging students and staff to be more mindful of energy consumption by switching off lights and electrical equipment when not in use. It is a simple but important reminder that small changes to our everyday habits can make a real difference to our environmental impact.

There has also been plenty happening across our clubs and societies, including a board games competition and further auditions for our upcoming Fusion Showcase on 26th November. It is lovely to see so many students getting involved in the wider life of the school, sharing their talents and enjoying opportunities beyond the classroom.

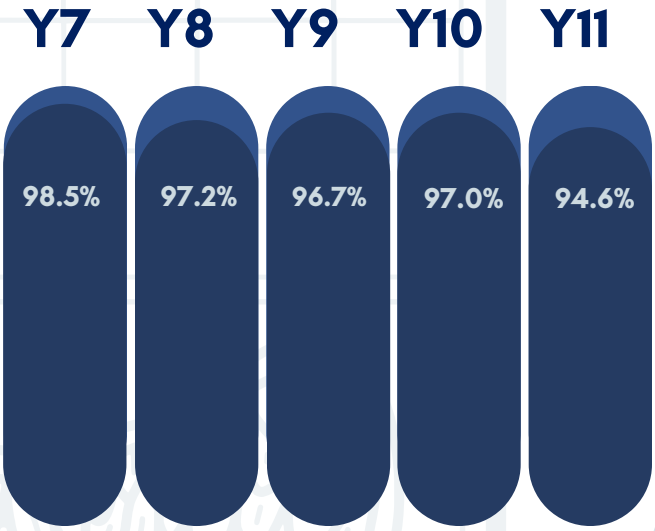
Finally, congratulations to everyone who took part in the Year 8 Interhouse Netball Competition, our first sporting interhouse event of the year. It was fantastic to see so many students representing their houses with such enthusiasm. A special congratulations to Johnson House, who took first place, followed by Sharman in second and Curie in third. With plenty more interhouse competitions to come, there is still everything to play for!

- Ms T O'Brien
Headteacher



Calendar

Attendance



Week B

Monday 16th November

- Y11 Mock Orals all week
- Y11 Food Practical Mock

Tuesday 17th November

- Y11 Food Practical Mock

Wednesday 18th November

- Ypres Y9 Trip
- Andrew Jobbings Senior Kangaroo
- British Mathematical Olympiad Round 1
- Enrichment Day

Thursday 19th November

- Ypres Y9 Trip
- Y11 Food Practical Mock

Friday 20th November

- Y11 Food Practical Mock
- Chess Challenge Trip
- UCAS Deadline Remaining Courses (Y13)
- Central Detention 15.10-16.10pm-

Upcoming Events

18th Nov- Enrichment Day
23rd Nov- Y13 Parents' Evening
3rd Dec- GCSE Prizegiving
3rd Dec- Y9 Options Evening

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

Student Achievements- Sports

Sporting Success Across the School

Our students have enjoyed an exceptional couple weeks of sporting success.

At the Borough Cross Country Championships, our athletes delivered an outstanding performance, with Josie (Y13) taking 1st place and Bea, Annabelle, Isla and Catherine all securing 2nd-place finishes in their respective races.

These fantastic individual performances helped the team achieve an incredible set of results, being crowned Year 7 Overall Winners, Junior Girls Winners, Senior Girls Winners and Overall Girls' Borough Champions 2026.

Meanwhile, our Year 8 Interhouse Netball Competition showcased excellent teamwork, determination and house spirit. Congratulations to Johnson House for taking first place, followed by Sharman in second and Curie in third.

We are incredibly proud of all students who represented the school and demonstrated such commitment, resilience and sportsmanship.

Well done to everyone involved!





Student Article

This week, we had an assembly with Bobby Dean, as a part of our topic on Democracy in PSCHE. We had the opportunity to ask him questions about his job as the Member of Parliament for Carshalton and Wallington and hear about how Parliament works in greater detail. We heard about his journey to becoming an MP and his main goals for the future of Carshalton and Wallington. Overall, this was a very helpful experience, to supplement our learning on the workings of Democracy, not just on a national level but a local one.

- Adele 9 Johnson





Messages

PFA 100 Club Winners - Congratulations!

A big congratulations to our latest 100 Club winners, who each receive £50:

- **No. 1 – B BUSA**
- **No. 3 – Keshavaperuma**
- **No. 6 – J. Otieno**
- **No. 7 – C & A FOWELLS**
- **No. 9 – C MAXAM & M MAXAM**
- **No. 14 – Janard & Sivasa**

Thank you to everyone who supports the PFA through the 100 Club. Your contributions help us continue to support activities and opportunities for our students.

Join the 100 Club!

Registration is now open for new members. If you'd like the chance to win cash prizes while supporting the school, please contact the PFA for full details on how to sign up.
pfa@wallingtongirls.org.uk

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

Education Wellbeing Service

Education Wellbeing Service Webinar

Understanding and Supporting Teen Sleep



This webinar will look at some of the research and science around sleep hygiene, teenage sleep and thinking together about the challenges with some options for supporting from the perspective of parents or carers.

DATE / TIME

Tuesday 17th November
12.30-1.30pm

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

Tuesday 17th November
7.00-8.00pm

Scan the QR code or click here

Sustainability

FACTS

SWAPS – PLASTIC ALTERNATIVES

Did you know that your tea bags are smuggling yet more plastic into your life. The majority of teabags in the UK contain a very thin layer of polypropylene plastic. That thin layer will likely end up as tiny pieces in the soil, which could then find their way into our rivers and eventually the sea.

Buy veg without packaging. You think you're doing right by the planet and buying organic only to find it wrapped in plastic or presented on a polystyrene tray



Replace plastic bottles of liquid detergent





TIPS/SOLUTIONS

Loose tea tastes better anyway – purchase a tea infuser such as Tea Ball Strainer Spring Ball Fine Mesh Infuser, Stainless Steel Filter | Tea for Tea Coffee Loose Leaf : Amazon.co.uk: Home & Kitchen

Pick up veg to be weighed in the supermarket or consider a fresh, delivered to your door, seasonal box of plastic-free veg

Instead of buying detergent in plastic bottles why not try soap nuts. These little, dried-fruit shells contain a 100% natural soap. According to the makers soap nuts can be used with all fabrics, at all temperatures from 30-90ₒC. Just bung a few in a sock, tie it and throw it in with the rest of your dirty clothes. The Kind Wash Soap Nuts IKG Laundry Detergent Washing Nuts For Clothes Natural Soap Organic Wash Nuts Soapnut Alternative to Soap Powder Washing Powder Laundry Detergent Sheets Washing Pods Capsules : Amazon.co.uk: Grocery

Education Wellbeing Service

wellbeininschoolsevents@swlstg.nhs.uk

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

Parent/Carer Webinars

Secondary Schedule 26/27

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

- Understanding and supporting teen sleep
- Supporting your teen to cope with exams (Years 11-13)
- Screen time, social media and gaming - what parents need to know
- Conflict, communication and compromise - the teen years
- Healthy habits in teenagers with Autism
- Managing exam and assignment stress (Years 7-10)

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.

Respectful Open Collaborative Compassionate Consistent

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about WHATSAPP

AGE RESTRICTION 13+ In the UK

WhatsApp is a free messaging app owned by Meta, that allows users to send messages, share multimedia, make calls, and participate in group chats. In September 2026, WhatsApp announced new optional parental controls for teenagers, including privacy settings, group notifications, and restrictions on AI content, which parents and educators should be aware of.

WHAT ARE THE RISKS?

GROUP CHAT PRESSURES

Group chats help young people stay connected, but they can also leave them feeling excluded or overwhelmed. Negative comments can escalate quickly, and frequent notifications can create a sense of needing to be constantly available. WhatsApp's new parental controls notify parents when teenagers join or leave groups, or when a group grows significantly in size.

HARMFUL CONTENT ON CHANNELS

WhatsApp Channels allow users to receive updates from public figures, organisations, and content creators; however, some Channels may expose young people to misinformation, harmful ideologies, or age-inappropriate material. New optional parental controls allow adults to restrict which Channels teenagers access, including limiting them to approved Channels.

SCAMS TARGETING YOUNG USERS

Scammers may use WhatsApp to trick young people into sharing personal information, sending money, or sharing security codes. They may impersonate friends or family members, using convincing stories about emergencies or urgent requests for help. New parental controls can help manage who contacts teenagers; however, they cannot prevent all scams or fraudulent messages.

UNWANTED CONTACT AND LOCATION SHARING

WhatsApp allows users to share their live location, profile information, and Status updates. Without appropriate privacy settings, this information could expose young people to unwanted attention or reveal their whereabouts. New parental controls enable adults to manage certain privacy settings, including who can view account details and add teenagers to groups.

DISAPPEARING AND HIDDEN MESSAGES

WhatsApp features such as disappearing messages and Chat Lock can make conversations harder for adults to identify. Although these tools are designed to protect privacy, they may also make it harder for adults to recognise inappropriate exchanges or harmful behaviour. WhatsApp's new parental controls do not give adults access to teenagers' private messages or calls.

COMMERCIAL AND AI CONTENT

WhatsApp includes advertising in parts of its Updates section and offers Meta AI, an integrated AI assistant. Young people may encounter sponsored content, misleading AI responses, or information which is unsuitable for their age. New parental controls offer a stricter 'Limited Content' setting for Meta AI; however, this cannot guarantee that every response will be accurate or appropriate.

Advice for Parents & Educators

EXPLORE NEW PARENTAL CONTROLS

WhatsApp's new optional parental controls are being rolled out gradually, giving families more ways to manage teenagers' privacy and interactions. Teenagers will need parental approval using a parent-set PIN to relax any protected settings. Keep the conversation open and set up the controls together, remembering that parents can adjust or switch them off at any time.

MANAGE CHANNELS AND AI

Explore the new settings for Channels, Status updates, and Meta AI. Parents can restrict Channels to approved selections or prevent teenagers from viewing them. They can also choose Meta AI's stricter 'Limited Content' option, which restricts certain topics. Remind young people that AI can produce inaccurate information and encourage them to question responses rather than accepting them at face value.

MONITOR GROUP ACTIVITY SAFELY

New parental controls notify adults when teenagers join or leave groups, or when a group grows significantly in size. These alerts can help identify potentially concerning interactions without revealing private messages. Encourage young people to discuss unfamiliar groups, uncomfortable conversations, or pressure from other members and that they can leave, mute, or report if they feel uncomfortable or unsafe.

PRIORITISE TRUST AND COMMUNICATION

Parental controls should support conversations about online safety, not replace them. Explain that WhatsApp's new features do not give adults access to private messages or calls, helping teenagers understand that their privacy remains protected. Reassure young people that they can speak openly about upsetting content, unwanted contact, or pressure from other group members.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



See full reference list on our website

#WakeUpWednesday®

The National College®

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.11.2026

General Notices

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.