



THE WALLINGTON WEEK

Message from the Head Teacher

Dear Parents and Carers

As the weather starts to improve, we find ourselves heading into exam season. The GCSE language orals have been taking place both this week (as well as last week) and so too has the GCSE Art exam. Year 12 begin their end of year exams next week so we wish them all the best of luck.

Also this week we held the school's first 'Wellbeing Week'. This was organised entirely by our student wellbeing mentors and included a range of activities such as yoga, mindfulness as well as a fun filled mixer in the Hall today involving Just Dance, a bake sale and lots more. Further details can be found later on in this edition.

Have a great Bank Holiday weekend.

Richard Booth

PE Extra Curricular Clubs SUMMER Term 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch (1.10pm-1.45pm)	Year 7/8 Tennis Courts KPN			GCSE/A-Level Trampoline Gym (Jane – Coach)	
After School (2.55-3.50pm)	Athletics Club (7-13) Fields SCO/ABS/JLE/KPN/ KWH/AWE		9-Senior Rugby Fields RBH/MDT	Trampoline (Satellite Academy – Max Force) Gymnasium (Jane – Coach)	
	Year 9-13 Tennis Courts		9-13 Cricket Fields KBS	7-8 Cricket Fields SCO/KBS	
			7-8 Rounders Fields AWE/ABS	9-10 Rounders Fields JLE/KWH	

The Week Ahead

Monday 6 May
Bank Holiday

Tuesday 7 May

Year 12 End of Year Exams - until Friday 17 May

Wednesday 8—Friday 10 May

Year 13 A Level Language oral exams

Wednesday 8 May

08.25-14.50—Y11 GCSE Photography Exam (1)

08.25-14.50—Y13 A level Art/Photography Exam (1)

08.25-14.50—Year 13 A Level Art Textiles Exam (1)

16.00-17.00—Wellbeing Information evening

Thursday 9 May

08.25-14.50—Y11 GCSE Photography Exam (2)

08.25-14.50—Y13 A level Art/Photography Exam (2)

08.25-14.50—Year 13 A Level Art Textiles Exam (2)

15.00-17.30—DOE Silver kit drop for practice expedition

Friday 10 May

08.25-14.50—Y13 A level Art/Photography Exam (3)

08.25-14.50—Year 13 A Level Art Textiles Exam (3)

08.30-11.00—Year 11 Breakfast

Friday 10—Sunday 12 May

DOE Silver Practice Expedition—New Forest

Dates for your Diary

Monday 13 May—June 26

Public exams period

Monday 13 May

13.50-14.50—First Give Final - All

Year 10 off timetable

Tuesday 14 May

11.00-13.00—Year 13 Leaver's Day

Monday 20 May

Year 12 Personal Statement Day

Tuesday 21—Friday 24 May

Years 7 & 8 End of Year Exams

Wednesday 22 May

15.00-15.30—DOE Bronze Kit Drop & briefing for practice expedition

Saturday 25—Sunday 26 May

DOE Bronze Practice Expedition, Surrey Hills

Monday 27—Friday 31 May

Half Term

Monday 3 June

Return to school

Tuesday 4 June

18.30—KS3, GCSE & A Level Music concert

Monday 10—Thursday 13 June

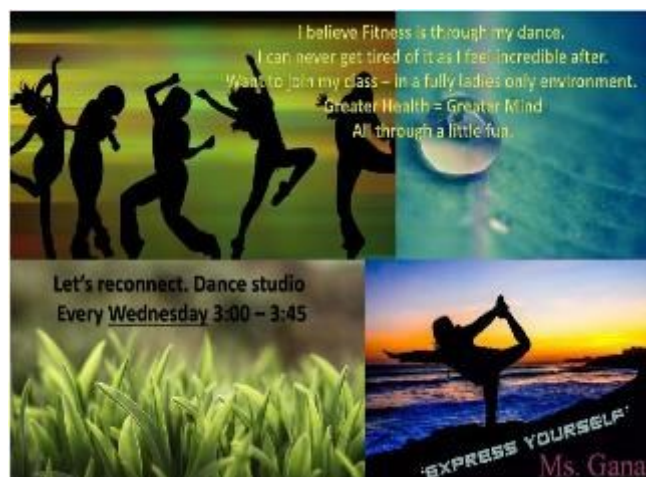
GCSE & A Level Art Exhibition—viewing for parents/carers on Thursday 13 June

Monday 10—Friday 14 June

Year 10 End of Year Language Oral Exams



STARTS WEDNESDAY 8 MAY IN THE TEXTILES ROOM



Events in the Library: *May*

Every Monday

Craft club, lunch

Rock painting, pom poms, making badges and lots more

Craft Club



Every Tuesday

Carnegie Club, lunch

Discuss the Carnegie shortlist and compete in the Sutton Schools Carnegie quiz in June—Starts Tuesday 7 May



Every Wednesday

Maker Space: STEM, Lunch



Creative Writing Club, 3pm



Every Thursday

Board Games club, Lunch and after school



Making the Library a great place to be both inside and out



A Message from the Wellbeing Mentors

Hello! We're the Wellbeing Mentor team and thought we'd update you on what we've been doing since our launch last year. This week from the 29 April—3 May 2019 we ran Wellbeing Week in order to attempt to improve the wellbeing of every student here. It's been a week full of stress-relieving activities such as: yoga, mindfulness and meditation. We are trying to raise awareness among students to care for themselves and to ensure their wellbeing is a priority- equal or surpassing their academics. We also want to encourage students to seek out help from our team if they feel like they'd benefit from having someone to talk to (from friendship issues to self-esteem issues to how to cope with academic stress). We do hope that you will support your child if they need our support and encourage them to reach out to anyone, anytime, if they need to. Details on how to apply for a mentor will be told to your child and further ways they can seek help will be confirmed in the very near future!

This Week

On Monday, we did 'Meditation Monday' in form time which allowed students to colour, meditate, have a quick nap or general relaxation ahead of a busy week. At lunchtime, it was lovely to see so many people come to a yoga session as yoga has been proven to relieve stress and anxiety.

On Tuesday, our very own Mr Philippou ran a mindfulness session at lunch- which was very popular as always! In the morning, mindfulness mornings continued, of course!

On Wednesday, we took over PSHCE for every year to teach and raise awareness about key issues of mental health at our age and how to deal with them- teaching breathing techniques and discussing topical issues.

On Thursday, we had a wellbeing quiz in form time to encourage students to take an avid interest in their own wellbeing and to support others. They were given a forum to discuss what they know and compete for a prize!

On Friday, we had a fun-filled mixer. There was henna, Just Dance, nail painting, and a bake sale with lots of delicious, home-made cakes. What more could you want from a Friday lunchtime; a brilliant way to end a very brilliant week. The money raised at the bake sale will be put towards running more events like this in the future.

Wellbeing Week – How can parents support their child with wellbeing issues?

Young people today suffer from a range of mental health issues, ranging from the effects of exam stress to diagnosable mental illnesses. It can be difficult for parents to relate to or know how to respond to these struggles. I'm certain that every parent reading this only wants to support their child as well as they can. I hope that this article can provide some guidance on how you achieve this as effectively as possible.

1) Encourage them to talk to you

The worst way to deal with a problem is to ignore it. Having open and honest conversations will allow your child to vent and release stress, which will in turn increase both their general happiness and productivity. This is particularly important if they are currently preparing for significant exams; it's dangerously easy to become a recluse when you are facing exam stress. Don't let this happen! Open dialogue with your child is even more crucial if they might be dealing with a more serious mental health issue.

2) Try to make sure that they have a healthy diet

A healthy diet isn't solely for your physical health! Eating a balanced diet is one of the best ways to reduce stress and improve mental health. This does not mean that you should force your child to follow a strict diet, which is likely to make them feel even worse about themselves. However, if their meals mainly consist of extremely sugary, salty or processed foods then maybe consider some healthier alternatives. For ideas and tips, have a look at the NHS's 'Change 4 Life' website. Staying hydrated and maintaining a healthy sleep schedule are equally as important.

3) Be accepting of what they are telling you

It can be hard for a young person to open about their problems, especially to parents. They are much more likely to, however, if they know that their parents will listen to and accept what they have to share. Let them know that they have a safe environment to share news, express concerns or simply vent.

4) Tell them that it's okay not to be perfect

The pressure to perform perfectly in academic activities is prevalent in thousands of young people today, particularly in a grammar school environment. However, this constant burden can actually worsen your child's productivity and performance in exams, creating a vicious cycle of stress. Hearing that you are more than your grades (especially from your parents) is a great way to alleviate this, and build a more positive mindset towards school.

5) Don't add to their stress

Without intending to, families can often worsen their teenager's stress. Childline reports that many of the children who contact them feel that the main source of pressure is their family during exams. Avoid negative criticisms, and instead try to be reassuring and supportive. The NHS website suggests that parents should be flexible in regards to household chores during exam season in order to allow teenagers to focus.

6) Be responsive, not dismissive

Sometimes, the problem is more serious than academic stress, and sometimes this problem requires medical help. If you think that your child has depression, anxiety or another mental illness, consider making an appointment about it with a GP. There is nothing worse than mustering the courage to open up about an issue, only to have it dismissed. Mental illnesses are illnesses, and therefore than can be treated. However, for this to happen, your child needs your help and support.

Some helpful resources:

NHS page on how to help your child with exam stress: <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/?tabname=common-problems>

Young Minds website – for young people with mental health issues <https://youngminds.org.uk/>

Childline page on how to deal with exam stress:

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

Mind website – a charity to support people with mental health issues

<https://www.mind.org.uk/>





Music Concert

We say goodbye and a heartfelt thank you to our amazing Year 13's who have contributed so much over the years;

Ceara, Leo, Emily, Claire—Senior Orchestra, Musicals Band

Rhiannon, Rebecca and Harriet—Gospel Choir, W.H.S.Glee, A Cappella, musicals.

Eona - Gospel Choir, A Cappella

Sulanika - Gospel Choir



Lovely picture of Julie who played Mozart Piano Concerto

