



The Wandle Weekly

TOGETHER EVERYONE ACHIEVES MORE



Lisa's Inspirational Quote

" You may be disappointed if you fail, but you are doomed if you don't try. "

- Beverly Sills



Friday 6 March 2026

We will be celebrating the benefits and joys of reading, on this special day.

Pupils are invited to wear costumes of their favourite story characters.

We welcome anything home-made and encourage the pupils to be as creative as possible!

If pupils do not wish to wear a costume, they are welcome to wear their own clothes, for a **donation of £1**.

Please note, the following items of clothing are not permitted and pupils will not be allowed to enter the school if wearing them and unable to change:

- Crop tops
- Hot pants
- Crocs/Sliders
- **Headgear**—unless part of a costume

Thank you for your support

This week's
TOP MATHLETES:

Mathletics

1st—Nicholas W—12,000

2nd—Fynley—1,081

3rd—Oliver C—1,060

Primary Athlete: Oliver C

We'll come back to what we hope is going to be a lovely Spring Term, with sunshine and very little rain!

I would like to thank you for your support, keeping our school tidy and 'chewing gum' free environment. We are not quite there yet and we still are finding chewing gum on the floors and stuck in yukky places, so we continue to ask you to support us.

We are also looking forward to seeing you at our next Parent/Carer Evening on 18th March from 3.30-5.30pm.



Miss Harris



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Health Info Hub: Foods to avoid with ADHD

It is suggested that people with ADHD try to avoid certain foods:

- **Caffeine** - It's a stimulant, and for people who are already very active or restless, it can make things worse.
- **Foods with lots of additives** - Artificial colours, flavours, and preservatives may affect brain chemicals and increase ADHD symptoms.
- **Refined carbs** - Foods like sugary baked goods and white bread can quickly raise blood sugar. This can lead to energy spikes and more hyperactivity.
- **Unhealthy fats** - Saturated and trans fats can be bad for the brain and may affect how well it works.



Does sugary food counteract ADHD medication?

Yes, eating a lot of sugary foods can make ADHD medication work less well. Sugar doesn't cause ADHD, but it can affect how your body and brain feel.

When you eat a lot of sugar, your energy goes up quickly and then drops fast. This "spike and crash" can make someone feel more hyper, distracted, or irritable. These effects can cancel out some of the focus and calm that ADHD medicines are meant to provide.

Literacy Reward Trip



One of our Yr7 pupils was recently treated to a reward day out to the Bowling Arcade, and was able to choose one other pupil to join him. The reward was for excelling in his literacy, achieving so much more than ever imagined when he first joined us. A well deserved reward!!



Art Therapy

One of our Primary pupils learned some valuable skills recently, including designing, cutting, hand-sewing and machine-sewing, in order to create this amazing T-Shirt.

Now we all need who to go to when our button falls off!



Well done!



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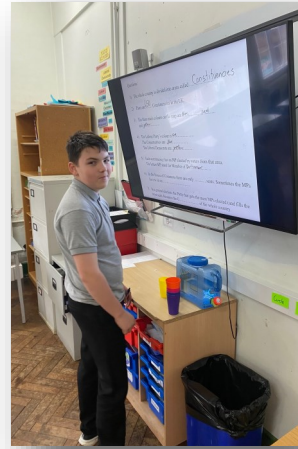
ICT Club—Enrichment

Before the Half Term, pupils were designing Valentine's cards during their enrichment session in ICT. What a creative bunch we have!



Best Fishing Day ever!

We have been taking Wandle pupils fishing for many years now, but never have they caught a fish like this before. **Amazing catch boys!**



Year 8 pupil supporting his classmates, by writing his suggested responses up on the whiteboard. Move aside teachers, the pupils are taking over!!

Inuit Carving

Blue class have been learning about Inuit inspired artwork during their topic lessons.

They emulated the process of carving animal sculptures using soap instead of soap-stone.



Can you work out what each animal is?





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