



## PROGRAMME FOR ALTERNATIVE CURRICULUM WEEK 2018

Friday 29 June – Wednesday 4 July

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#### Friday 29 June

<b>Morning</b>	<b>Outdoor Skills</b> (College grounds) Our Duke of Edinburgh's Award Coordinator, Mrs Mitchinson, served in the Army before moving to Guernsey. She will share her expertise with the girls in a morning of outdoor skills, ending with cooking lunch on a gas-fired stove.
<b>Afternoon</b>	<b>Ballroom skills</b> (in College) Instructors Jamie Le Tissier and Julie Haines will teach the girls how to tackle some of the most popular routines. The afternoon will end with a dance-off in the gym.

#### Monday 02 July

<b>Morning</b>	<b>Discovery Sessions x 3</b> (in and around College) Teachers have been given free rein to run activities related to an area of their subject which they love. The emphasis is on having fun and discovering something new.
<b>Afternoon</b>	<b>Outdoor skills</b> (various locations – see separate information) <b>Choice of one activity from:</b> <ul style="list-style-type: none"><li>• Archery, high ropes and climbing (£30)</li><li>• Exploring Guernsey by bike OR walking (both free)</li><li>• Kayaking and coasteering (£30)</li><li>• Stand-up paddle-boarding (£30)</li><li>• Surfing (£30)</li></ul>

## Tuesday 03 July

<b>Morning</b>	<b>Life-skills</b> (in and around College) Including lifesaving and teambuilding.
<b>Afternoon</b>	<b>Indoor/Outdoor skills</b> (various locations – see separate information) <b>Choice of one activity from:</b> <ul style="list-style-type: none"><li>• Cake decorating (£10)</li><li>• Chess and board games (free)</li><li>• Flower arranging (£10)</li><li>• Football (free)</li><li>• Raft-building (£10)</li><li>• Rock school (£10)</li></ul>

## Wednesday 04 July

<b>Morning</b>	<b>Environmental skills</b> (transport provided) The year group will travel by bus to the Reservoir and Millenium Walk to explore the freshwater and woodland habitat. Led by Mr McGovern and Mrs Brogan.
<b>Afternoon</b>	<b>Life Skills</b> (in College) The Ladies' College has a well-established link with the Tumaini Fund which supports orphans in North-West Tanzania. Dr Mitchell will be showing the girls how to create the hygiene packs which have transformed the lives of Tanzanian girls who have been unable to attend school during their periods. <a href="https://www.tumainifund.org.uk/">https://www.tumainifund.org.uk/</a>




## Lower Four

Friday 29 June

<b>Morning</b>	<b>Career skills</b> (transport provided) Mrs Dovey has liaised with some of the island's major employers to gain 'behind the scenes' tours for the girls. Venues confirmed so far include the airport and power station. Other venues to be confirmed.
<b>Afternoon</b>	<b>Costing the earth</b> (transport provided) With concern about the environment in the headlines, the Geography Department will be taking the year group to Guernsey's west coast to conduct first-hand research into the effects of plastics on marine ecology.

Monday 02 July

<b>Morning</b>	<b>Historic St. Peter Port</b> (by foot) The culmination of work done in their History lessons, the girls will spend the morning in town where they will give their presentations and discover the hidden history of St. Peter Port
<b>Afternoon</b>	<b>Indoor/Outdoor skills</b> (various locations – see separate information) <b>Choice of one activity from:</b> <ul style="list-style-type: none"><li>• Cake decorating (£10)</li><li>• Exploring Guernsey by bike (free)</li><li>• Football (free)</li><li>• Golf (£20)</li><li>• Offshore fishing (£20)</li><li>• Rock School (£10)</li></ul>



## Tuesday 03 July

<b>Morning</b>	<b>Discovery Sessions x 3</b> (in and around College) Teachers have been given free rein to run activities related to an area of their subject which they love. The emphasis is on having fun and discovering something new.
<b>Afternoon</b>	<b>Outdoor activities</b> (various locations – see separate information) <b>Choice of one activity from:</b> <ul style="list-style-type: none"><li>• Archery, high ropes and climbing (£30)</li><li>• Exploring Guernsey by bike OR walking (both free)</li><li>• Kayaking and coastering (£30)</li><li>• Stand-up paddle-boarding (£30)</li><li>• Surfing (£30)</li></ul>

## Wednesday 04 July

<b>Morning</b>	<b>Life-skills</b> (in and around College) Including lifesaving and teambuilding, with Miss Dudin
<b>Afternoon</b>	<b>Changing Lives</b> (in College) The Ladies' College has a well-established link with the Tumaini Fund which supports orphans in North-West Tanzania. Dr Mitchell will be showing the girls how to create the hygiene packs which have transformed the lives of Tanzanian girls who have been unable to attend school during their periods. <a href="https://www.tumainifund.org.uk/">https://www.tumainifund.org.uk/</a>



## Upper Four

Friday 29 June


<b>Morning</b>	<b>Environmental Skills</b> (transport provided) Out and about on the West Coast, exploring the impact of the sea on Guernsey's marine habitat (Mr McGovern).
<b>Afternoon</b>	<b>Outdoor skills</b> (various locations – see separate information) Choice of one activity from: <ul style="list-style-type: none"><li>• Abseiling (£30)</li><li>• Exploring Guernsey by bike OR walking (both free)</li><li>• Kayaking and coastering (£30)</li><li>• Stand-up paddle-boarding (£30)</li><li>• Surfing (£30)</li></ul>

Monday 02 July

<b>Morning</b>	<b>Wellbeing</b> Mrs Dovey will lead sessions in life-saving, team-building and emotional health.
<b>Afternoon</b>	<b>Conservation Skills</b> (transport provided) The year group will travel by bus to Sausmarez Park to take part in activities led by the Guernsey National Trust in and around the Victorian walled garden.

Tuesday 03 July

<b>All day</b>	<b>Duke of Edinburg's Award Skills Day</b> (in and around College) Led by our D of E Coordinator, Mrs Mitchinson
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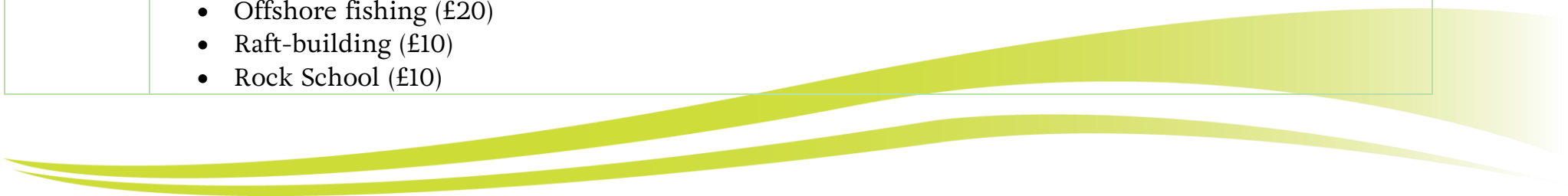
Wednesday 04 July

<b>Morning</b>	<b>Discovery Sessions x 3</b> (in and around College) Teachers have been given free rein to run activities related to an area of their subject which they love. The emphasis is on having fun and finding out something new.
<b>Afternoon</b>	<b>Indoor/Outdoor skills</b> (various locations – see separate information) <b>Choice of one activity from:</b> <ul style="list-style-type: none"><li>• Exploring Guernsey by bike (free)</li><li>• Football (free)</li><li>• Golf (£20)</li><li>• Offshore fishing (£20)</li><li>• Raft-building (£10)</li><li>• Rock School (£10)</li></ul>

Lower Five

Friday 29 June

<b>Morning</b>	<b>Discovery Sessions x 3</b> (in and around College) Teachers have been given free rein to run activities related to an area of their subject which they love. The emphasis is on having fun and discovering something new.
<b>Afternoon</b>	<b>Indoor/Outdoor skills</b> (various locations – see separate information) <b>Choice of one activity from:</b> <ul style="list-style-type: none"><li>• Exploring Guernsey by bike (free)</li><li>• Football (free)</li><li>• Golf (£20)</li><li>• Offshore fishing (£20)</li><li>• Raft-building (£10)</li><li>• Rock School (£10)</li></ul>



## Monday 02 July


<b>All day</b>	<b>Visit to Herm</b> for games and time on the beach (boat departs Guernsey 10:15, returning at 14:35 boat back). Special fare of £9 return.
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## Tuesday 03 July

<b>Morning</b>	<b>Life-skills</b> (in and around College) Including lifesaving and teambuilding.
<b>Afternoon</b>	<b>Engineering and Forensic skills:</b> an afternoon of challenges and problem-solving set by the Science Department

## Wednesday 04 July

<b>Morning</b>	<b>Thinking Skills</b> Using practical workshop-style activities, our Head of Sixth Form, Miss Clements will introduce the girls to the creative potential of the VESPA mindset (Vision Effort Systems Practice Attitude)
<b>Afternoon</b>	<b>Outdoor activities</b> (various locations – see separate information) Choice of one activity from: <ul style="list-style-type: none"><li>• Abseiling (£30)</li><li>• Exploring Guernsey by bike OR walking (both free)</li><li>• Kayaking and coastering (£30)</li><li>• Stand-up paddle-boarding (£30)</li><li>• Surfing (£30)</li></ul>



## Lower Sixth

### Friday 29 June

<b>Morning</b>	For girls not on university visits: Stand-up paddle-boarding (£28), Outdoor climbing (£28), or Sea-swimming with Mrs Bailey (free) and beach games
<b>Afternoon</b>	Girl not on university visits can choose either to assist Dr Marshall with her Science outreach activity (in College) or work on their EPQ/diploma.

### Monday 02 July

<b>All day</b>	UCAS day and personal statement workshop at College (Miss Dudin)
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### Tuesday 03 July

<b>All day</b>	Year group visit to Herm (boat departs Guernsey 08:30 and returns 14:35). Special fare of £8.
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### Wednesday 04 July

<b>All day</b>	Nerf gun tournament and outdoor activities at La Guet (£38). Girls who do not wish to participate will be required to attend College and continue working on their EPQ/diploma.
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## ALTERNATIVE CURRICULUM WEEK: LIST OF OPTIONAL ACTIVITIES 2018

### **ABSEILING (provided through Outdoor Guernsey)**

Abseiling takes place at the magnificent 90-foot slab at La Guet.

### **BUSHCRAFT (provided through Outdoor Guernsey)**

Bushcraft sessions are perfect for increasing confidence, skills and knowledge in the outdoors. You'll soon know how to build your own shelter, safely start a fire, and whittle sticks, among other skills. Bushcraft allows us to explore important life skills – patience, resourcefulness, problem solving and most importantly, a respect for nature and the environment.

### **CAKE DECORATING**

This will take place at College. All materials are included in the price.

### **EXPLORING GUERNSEY**

Whether you join the walking group or the cycling group, you will be able to enjoy the island at a leisurely pace with time for lunch and opportunities to learn more about our diverse rural habitat.

### **FISHING OFFSHORE**

Margaret K Charter specialise in half day and evening guided fishing/angling trips in Guernsey for groups and individuals. No prior experience is required. The skipper is Richard Keen, an experienced angler himself, who will help you to get the most out of your trip and enjoy fishing in Guernsey. You get to keep whatever you catch!

### **FLOWER ARRANGING**

This will take place at College. All materials are included in the price.

### **FOOTBALL**

The sessions will take place on the College field and will be led by Tony Vance of GFC.

## **GOLF**

Professional tutors will work with you whatever your previous experience (or lack of it) at the Guernsey Golf Academy (St. Pierre Park)

## **HIGH ROPES, ARCHERY AND CLIMBING (provided through Outdoor Guernsey)**

An adrenaline filled experience of climbing, jumping and obstacles for all to enjoy.

Challenges include Jacob's Ladder, Individual Journey, Leap of Faith, Crate Stacking and High Equilibrium. This outdoor adventure will test your nerves!

## **KAYAKING & COASTEERING (provided through Outdoor Guernsey)**

Experienced instructors will share with you their knowledge of the environment, history and wildlife of Guernsey whilst allowing you to experience the excitement of the sea in sit-on-top kayak, safely and at your own pace.

Coasteering is a unique adventure sport in which you can experience the exhilaration of sea level traversing, rock scrambling, jumping, and swimming in gullies and caves.

We will kit you out in a 5mm wetsuit, buoyancy aid and helmet then we will explore the island's spectacular rocky coastline, turning rocks, cliffs, caves and waves into playthings! Jumping is not compulsory, but most people like to try it.

## **NERF TOURNAMENT (Lower 6 only, provided through Outdoor Guernsey)**

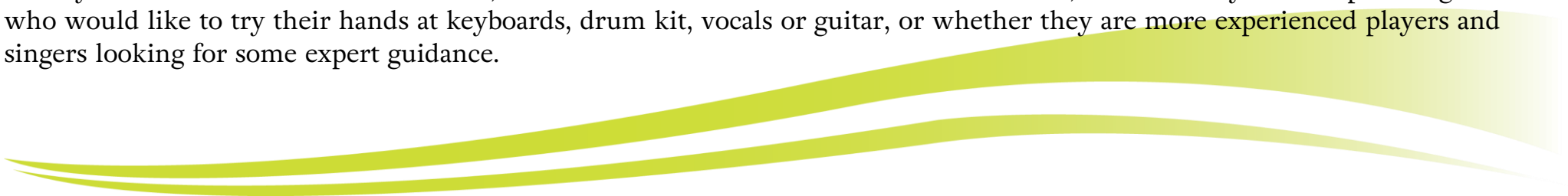
Unleash your inner warrior! Invite your friends along, keep half on your side and pelt the other half with foam bullets. Various games and challenges such as Team domination and Capture the flag set among obstacles will keep the adrenaline pumping as you fight to become the champions.

## **RAFT BUILDING**

Team challenge to create and use a raft using only the materials provided. Organised by the Guernsey Sailing Trust.

## **ROCK SCHOOL**

Run by the tutors of Thirst Music School, students will be able to work at their own level, whether they are complete beginners who would like to try their hands at keyboards, drum kit, vocals or guitar, or whether they are more experienced players and singers looking for some expert guidance.



## SCUBA DIVING

Following last year's successful pilot, we will once again be offering girls the chance to take the Professional Association of Diving Instructors Level 1 qualification scuba diver course, thanks to Steve Bougourd of Donkey Divers. This normally costs £245, but for students of The Ladies' College a cost of £200 will apply. This is a four-day full-time course, comprising theory, pool dives and two sea dives. Students taking this qualification will not be available for any other activities. More information can be found at <https://www.donkey-divers.com/product/padi-scuba-diver/>

## STAND-UP PADDLE-BOARDING (provided through Outdoor Guernsey)

SUP is the world's fastest growing water sport – join us and find out why! This sport is popular with people of all ages and is very accessible. It also provides a great workout to develop fitness and core strength. You'll find our boards surprisingly stable and after starting off kneeling, you'll soon have the confidence to be standing and paddling around the bay.

## SURFING

These sessions are provided through Guernsey Surf School, where all instructors are qualified Beach Lifeguards with decades of combined surf experience. It's this in-depth knowledge that allow us to get you up and riding fast using fun industry leading techniques.

Our Coaches pride themselves in being friendly, patient and extremely committed to what they do. The Guernsey Surf School, at Vazon Bay is focused on quality, safety and fun!

**Updates will be available on our website:**

[www.ladiescollege.com/information/alternative-curriculum-week](http://www.ladiescollege.com/information/alternative-curriculum-week)

