



Les Gravées, St Peter Port  
Guernsey, GY1 IRW

Tel: (01481) 721602  
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16<sup>th</sup> October 2018

Dear Parents, Guardians and Students in Upper Four,

**Re: Get Exam Fit**

We are writing to let you know about an exciting opportunity we would like to make available to girls in Upper Four (Year 9). The programme is called **Get Exam Fit** and is run by the Youth Sports Trust (YST) and aims to support and to help students build confidence, manage their physical and emotional wellbeing and achieve their potential in school exams.

Our experience in College and external research suggests that physical activity helps to target pressure and supports young people who are better equipped to deal with these stresses. This initiative aims to support progress and attainment across the whole school and seeks to tackle declining emotional wellbeing and resilience to enable young people to manage stress effectively. Using high profile athletes and supporting resources, Get Exam Fit utilises the athlete's experience of managing high pressured situations and developing strategies to alleviate stress and anxiety. A recent UK national pilot, found that there were reduced referrals to school based well-being services during GCSEs

Over the course of the next two terms, we would like the students in Upper Four to take part in four half-day athlete mentor workshops, with two of the dates being the 26<sup>th</sup> February, 12<sup>th</sup> March and two taking place in Alternative Curriculum Week, to be able to complete the course before starting GCSE courses in September. After Upper Four have completed the programme, we will consider how we might roll out further to ensure that the benefits are available to all students in College, as part of our proactive development of initiatives which support the girls to be the best that they can be.

As part of this pilot scheme, the College will look to subsidise the costs. If you would like your daughter to participate, we will require a contribution of £50 per student. *(In case of hardship, please do contact us, as there is a small means-tested fund which is available to families who may find this additional cost unmanageable.)*

Please return the slip below at your earliest convenience and no later than **Monday 3<sup>rd</sup> December**, for us to assess the viability and your support for this initiative, before we enter into a financial commitment with YST.

Yours sincerely,

Mrs A. Clancy  
Principal



**The Ladies' College**  
**Get Exam Fit – Upper Four (Year 9)**

**Daughter's Name:**.....

I / we would like our daughter to benefit from the Get Exam Fit opportunity

**Payment:** I / we enclose a payment of £50 payable to The Ladies' College

I/ we confirm a bank transfer has been made to

The Ladies' College  
Natwest Bank  
Sort Code 60-09-20 Account Number 06017614  
Ref: Your surname (Get Exam Fit)

**Signed:**.....  
Parent(s)/Guardian(s)

Please return form to the College Registrar, no later than Monday 3<sup>rd</sup> December 2018