



27 May 2021

Dear Parents and Guardians of students in the Lower Sixth

Alternative Curriculum Week (Monday 28 June – Wednesday 30 June)

I am writing to advise you of the Alternative Curriculum Week itinerary for Lower Sixth students, to give you information about our online consent form, and to request payment for the activities.

Monday 28 June

- Students in the CCF are attending the annual camp.
- The head girl team and senior prefects will be helping with an induction morning for our new Removes.
- When not involved in other activities, students have the day to work on their EPQ and/or College Diploma.
- Students attending the Lihou Island Wellness Retreat meet at the Lihou Island car park at 15:30 as set out in the itinerary below.

Tuesday 29 June

- Students in the CCF are attending the annual camp.
- Students attending the Lihou Island Wellness Retreat follow the itinerary below.
- Students enrolled on the TEFL course begin this today.
- Students not participating in the activities above are asked to attend College and assist Year Coordinators with activities for the younger students. They may also use the library for independent study/EPQ work.

Wednesday 30 June

- Students in the CCF are attending the annual camp.
- Students enrolled on the TEFL course continue this today.
- Senior Prefects have a day of training today.
- Students not participating in the activities above attend College where they will participate in a programme of activities including mental health, sign language, public speaking, designing and creating illustrations on the ceramic tiles for the new Leaf Centre kitchen.

Payment

The cost of Alternative Curriculum Week for Lower Sixth is £36 (£10 if not attending Lihou). Payment should be made by BACS to the following bank details **by Friday 11 June**:

Principal
Mrs A Clancy BA (Combined
Hons)
Email: principal@ladiescollege.ac.gg

Registrar
Miss R McClean
Email:
registrar@ladiescollege.ac.gg

Vice Principal, Bursar & Clerk to the
Governors
Miss E Bridge MA Oxon, ACA
Email: bursar@ladiescollege.ac.gg

Account Name: The Ladies' College
Account Number: 06017614
Sort Code: 60-09-20
Ref: ACW / *Surname*

A hardship fund exists for cases of financial difficulty, enquiries (which will be treated in the strictest confidence) should be sent to the Vice Principal, Miss Elizabeth Bridge bursar@ladiescollege.ac.gg

Medical & Contact Information

For your daughter to participate in these activities we ask that you review the medical and contact information held by College on Operoo (<https://www.operoo.com/>) to ensure it is correct. If you have any difficulty accessing Operoo please contact Mrs Strawbridge on cstrawbridge@ladiescollege.ac.gg

Consent Form

It is essential that this form is completed by **Friday 11 June**. We cannot allow students to participate in any activities unless it has been completed.

https://forms.office.com/Pages/ResponsePage.aspx?id=xuX8pHkAbk-EVpVFijPt4qGsNfZ3sThJsH_gpxiLaoBUMVZPVzA4RTFQNIJLOUdaT1RCWjRYVzdQNy4u

Lihou Island Wellness Retreat

There will be times during the retreat when students are remotely supervised on Lihou. Please indicate if you are happy for your child to swim via the online consent form above.

Monday 28th June

- 15.30: Meet in the Lihou Island Headland car park. Load bags onto the trailer
- Walk across the causeway (the path is uneven and there will be rockpools to cross so suitable footwear is advised)
- Settle into rooms
- Swim in the Venus pool (wetsuits are optional)
- Cook and enjoy evening meal
- Sunset mindfulness and relaxation

Tuesday 29th June

- Sunrise – ish! Yoga
- Breakfast
- Bootcamp work out
- Sea Swimming on Lihou Beach
- Lunch
- House tidy / clean
- Reflection and relaxation
- Walk back across the causeway
- 16:00: students dismissed from Lihou Island Headland Car Park.

Lihou Kit List

- Sleeping bag or quilt (packed in a waterproof cover/bag i.e. bin liner taped closed)
- Pillow case and a single sheet
- Wash kit and towel
- Indoor footwear (slippers or similar)
- Waterproof jacket
- Training shoes (not best)

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- Warm jumper/fleece top
- Wellington boots
- Hat and sun cream
- Personal clothing
- Bathers and sun cream
- Any medicines/inhalers that have been prescribed
- Drinks bottle
- Pen/pencil and notebook

NOTE

Please do not bring valuables to the house as no responsibility can be taken for these items should they get damaged or lost. As there is currently no facility to purchase anything on Lihou during a stay, there is no requirement for money.

Should you have any queries, please do not hesitate to contact either of us via the email addresses below.

Yours sincerely

Emma Clements

Emma Clements eclements@ladiescollege.ac.gg

Head of Sixth Form

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