



24 June 2022

Dear Parents and Guardians

Girls attending College during Alternative Curriculum Week

Please find below the confirmed programme for students attending College next week.

The activities are provided for us individuals or groups we have used for College activities before and we are confident the students will enjoy them:

The Guernsey Sports Commission (Football, Boxing, Dance, Cycling)

The Guernsey Sailing Trust (Raft-building)

Yoga: Caroline Wickham (Power Yoga)

Street Dance: Brandi Attewell

Cricket: Guernsey Cricket

Art: Mrs E Adams (Mrs Adams is a local artist who has worked with our A-level students for many years)

	Monday 27 June		Tuesday 28 June		Wednesday 29 June	
Morning Starts 0845	Football Festival with GSC (school)		Group A Boxing with GSC (school)	Group A Touch Rugby with GSC (School)	Group A Cycling (school)	Group B Cricket (school)
			Touch Rugby with GSC Group B (school)	Group B Boxing (school)	Group A Cricket (school)	Group B Cycling (school)
Afternoon Ends 15.30	Group A Raft Building with Sailing Trust (dismissed from harbour)	Group B Art with Elizabeth Adams (school)	Group A Street Dance (School)	Group B Yoga (school)	Group A Art with Elizabeth Adams (school)	Group B Raft Building with Sailing Trust (dismissed from harbour)
			Group B Yoga (school)	Group B Street Dance (school)		

Consent form

Please complete the online consent form via the link below before Monday morning: your daughter cannot participate in the scheduled activities unless this has been completed:

<https://forms.office.com/r/0Cq7Rqczt>

Arrival, registration, and dismissal

The students should arrive at College at their normal time each day and report to the Core where they will be registered. If your child cannot attend on any of the days please advise the College office in the usual way. Students will be dismissed at 15:30 from College apart from the raft building activity, when students will be dismissed from the harbour (by the model yacht pond). I will put the students into groups on Monday as I need to ensure the numbers are balanced, and will ask the group being dismissed from the harbour to confirm this with you via a call/text; please let me know if this causes a problem.

Food and water

Students should bring a packed lunch and snacks, and a water bottle so they remain hydrated during and after physical activities.

Phones

Students may bring their phones to College but they should be kept in bags/lockers during activities.

What to wear/bring

Students should wear appropriate clothing for physical activity (e.g. PE kit) and bring a towel. They *will* get wet during raft building, so we advise they bring a change of clothes as well as a towel for that session.

Please bring shin pads on Monday for football.

On Wednesday they should bring their cycles **and helmets** to school. Please check that cycles are in safe condition. The session is cycling around obstacles on the College field and does not involve going out on the roads but helmets must still be worn.

Payment

The cost of the programme is £35. Please make payment via BACS using the details below.

Account Name:	The Ladies' College
Sort Code:	60 09 20
Account Number:	06017614
Reference:	Surname, ACW

Please do not hesitate to contact me with any queries.

Yours sincerely,

James Henderson

Mr J. Henderson
Deputy Principal (Enrichment)