

The College Voice

Spring 2015



The Ladies' College
Guernsey

In association with



Founder: Miranda Griffiths

Editor: Lucy Mancini

Team: Emily Abreu, Sienna Aslett,
Amelia Ayres

New and Improved

By Lucy Mancini

This year has brought a few changes to the school. Throughout the year discussions about alterations to the school uniform have been taking place in every classroom, with everybody wanting their say. The changes have not been set in stone yet, but here is a quick update on the progress.

PE kit has been agreed for the new students who will start at the

College in September. Some of the kit is mandatory, some is optional.

Mandatory items are a T shirt and skort, with tracksuit top also being required along with games socks and swim cap.

Optional items are base layers and mid layers which have been selected and designed for warmth and comfort.



The Sixth Form will have a jacket from September 2016-2017 which has been met with approval by students. The jacket will have the school crest on the button and, of course, Ferguson tartan on the inside. The Black Watch tartan skirt will also remain, but once again with subtle changes to reflect feedback from the review process, such as the slit in the back will have more material.

The Senior uniform remains very similar with the Ferguson tartan

kilt and green blazer. The new items for September 2016-2017 will have subtle design changes. We will no longer wear ties and open necked shirts, which means that students will only need to buy one style of shirt instead of the three that are currently worn.

Melrose PE uniform will be the same as the Senior School, but smaller, and their green pinafores will be Ferguson tartan instead of the green.



Sixth former, Samantha Sweeney, styling the new sixth form jacket

When the first news of changes to our beloved uniform were voiced back in September, it was met with outrage. However, I'm sure that many of us have come to see that these changes are more of a transformation into a more comfortable style, not an attack on the uniform that we have grown to love over the years. And don't worry girls, the kilt is here to stay.

Sport's personality - Enya Rabey

Interviewed by Lucy Mancini

How long have you been swimming for?

"Competitively since I was nine in the barracudas."

What is your preferred stroke and distance?

"I like the 800m freestyle which is the longest event at 32 lengths and I do it in 10 minutes and 2 seconds. My other event is the 400m freestyle which is half that and I do that in 4 minutes 55 seconds."

What is your training regime?

"I train for around eight to ten hours

a week. Two mornings before school, Saturday mornings and every evening except Sundays."

But despite this obstacle you were still selected to take part in the Island Games?



Have you faced any setbacks?

Yes, I have had to have an operation on my foot but it was successful. I initially took up swimming because of my problems with my feet, as swimming is a low impact sport so the least damaging because my bones don't fuse properly."

How has this affected your training?

"When I was out of plaster and on crutches I was still able to train because of the low impact but obviously when I was in plaster I had to stay behind and this set me back quite a lot."

"Yes, I will be taking part in the Games in June 2015 in Jersey for 2 weeks. There's a team of 7 girls going from Guernsey. I am the second youngest competing but the field is quite a bit older. Our goal was just to qualify for the Island Games so we won't be wanting to medal as the field is so much stronger. So it is a great achievement to be selected!"

What's your favourite sporting memory?

"It was probably the first win which was at a club meet when I was around 9. It was the first medal I'd ever won so it was definitely the best one!"

Remove's Art Trip

By Miss Chmiel

St. Stephen's Church is celebrating its 150th anniversary this year. To mark the occasion the church asked us if we wanted to devise an art project inspired by the beautiful stained glass windows by the renowned Arts & Crafts artist and designer William Morris (1834 - 1896). The windows by Morris were produced in 1865 and there are other windows in the church by other designers from different periods. The Vivian family who have their studio here in Cobo are renowned stained glass artists and designers and have two windows in the church that they produced. They also repair the other stained glass windows when required.



The year group chosen to take part in the project are the Remove. They have recently visited the church to view the beautiful windows to inspire their creations. Their work will be on display in the church around the beginning of May for all to view. So we are looking forward to seeing this beautiful work from all of the Remove.

Did you know? Mrs Thackeray is actually related to the wife of



William Morris (née Jane Burden). She was a muse for the any artists around that time, because of her timeless beauty.

Anya Robins - "It was challenging at times but it was fun. It was great doing different designs ev-

ery time."

Amiee Stormonth - "It was really, really fun and interesting to get out of the school and thinking how a simple picture can be effective."



Tumaini Sewing Morning!

By Lucy Mancini

On Saturday 7th March, the Upper Sixth held a charity sewing morning in the Leaf Centre in aid of the Tumaini Fund and the project Days for Girls. With a great turnout, the girls (along with mums and teachers!) were making sanitary kits for girls in Tanzania. The girls miss months of school a year because of something that we are all used to. We take advantage of the supplies we have and by helping to make these kits, the volunteers were making a massive difference in the lives of others.



The volunteers were sewing, cutting and writing notes to go in the packs for the orphans. These messages of encouragement inspire the girls. When girls do not have these kits, they miss one week of school a month. This massive setback causes the girls to drop out of education because they are unable to keep up. Every kit gives days of education, safety and dignity back to a girl.



Phoebe Morgan - "Working on the project was a really relaxing and inspiring way to spend a Saturday morning."

Alisha Crocker - "It was a fun way to get involved and make a difference to people's lives!"

Ciara Hanna - "It's amazing how just giving up a little bit of time can help so many girls."

Mr Henderson - "It's great because of its got a direct benefit and I was very impressed with everybody working together."

Dr Mitchell - "Lovely example of team work in the year group for a good cause. It's fantastic that, although everybody is very busy, the girls took a morning out to help other people."

We're planning to organise another sewing event soon, any help is appreciated!



Spring Trends

By Sienna Aslett

It's the time of year when we're itching to get back into our summer clothes but it's still way too cold, so here's a few items to get us in the mood for summer without giving us hypothermia.

Bright Jumper

Try a jumper in a springtime colour, this will brighten up your winter and is just as summery as a flimsy tee. Since lilac is this spring's 'fanciest shade' and it matches almost anything it's the perfect colour choice.



Winter Coat



Why not make a bolder statement and get yourself a coat in a bright colour too? Similarly to the last item, this is going to brighten things up whilst keeping warm. Even if you don't have a colourful coat throw on any winter coat over your spring/summer outfits if you just can't wait until summer to wear them.

Roll Neck



Roll necks and polo necks are everywhere at the moment and they're an easy way to incorporate the 70s trend into your wardrobe. They will definitely be keeping you warm for the next few months whilst being more fun than your average jumper.



The College Chef

Chocolate Peanut Butter Avocado Pudding

Avocado in a dessert I hear you cry!? Just wait until you try it. This nutritionally dense pudding will have you wanting to add avocado to all of your meals (I know I do). This fudgy, creamy, rich pudding is full of antioxidants, protein, healthy fats and fibre so will leave you feeling fantastic afterwards, not to mention how extremely delicious it is!

Serves 6

INGREDIENTS

- 1 1/2 ripe avocados
- 1 large ripe banana
- 1/2 cup unsweetened cocoa or cacao powder
- 1/2 cup salted creamy or crunchy peanut butter + more for topping
- ~1/2 cup sweetener of choice i.e. maple syrup, agave, date paste or honey (amount will vary with preferred sweetness)
- ~1/4 cup almond milk or other

non-dairy milk (slightly more if using dates)

- Coconut whipped cream for topping (optional but recommended)

INSTRUCTIONS

1. Add all ingredients except coconut whip into a food processor and blend until creamy and smooth. Add more dairy-free milk to thin/help blend. Add more cocoa powder for a richer chocolate flavor. Add more sweetener of choice to enhance sweetness.
2. Divide between 6 small serving glasses, cover with plastic wrap (pressing the plastic wrap down on the pudding to prevent a skin from forming) and chill for a few hours, or overnight.
3. Before serving, top with coconut whipped cream and drizzle of salted peanut butter.
4. Leftovers will keep in the fridge up to a few days, though best when fresh.

Agony Aunt

Dear Agony Aunt,

Exams are fast approaching and I'm getting more and more stressed. I get so nervous before exams that I can't even think straight! I know we've been doing school exams for the past 5 years but I'm about to sit my GCSE's and these are my first ever external exams and I'm feeling the pressure more than ever!

Have you got any tips on how to feel relaxed before an exam?

From Stressed Out Student

Dear SOS,

I know exams can be a scary prospect but they'll be over before you know it! One of my top tips is to breathe deeply and remind yourself that you are prepared and that it won't be the end of the world if it doesn't go perfectly.

I find that last minute revision is more stressful than helpful, so put those books away and sit patiently waiting to be called into the exam hall. Make sure that you have all the equipment that you need the night before the exam (believe me, you don't want to have forgotten your calculator for that all important maths paper).

And remember, there's no need to panic, just as long as you do the best you can.

Agony Aunt

Creative Writing - Scenes of Winter

By Emily Abreu

The trees creak eerily,
 Their gnarled fingers reaching towards you.
 As icicles cling onto their branches,
 Gleaming like diamonds in the hazy light.

The rain pelts on the window panes,
 Hail bangs like drums against the soaked roof.
 They have made the saturated fields more waterlogged,
 Made their icy drops turn to snow.

It wraps the towns in a gargantuan white sack,
 Covering everything in a dollop of white icing (like on a cake).
 Snowflakes twirl elegantly through the inky sky,
 Whilst ice sprawls over sapphire ponds.

The wind howls as loudly as wolves,
 Turning umbrellas into uncontrollable bats.
 It bites children's rosy cheeks,
 As coldness weaves its silvery web around you.

Quote of the Month:

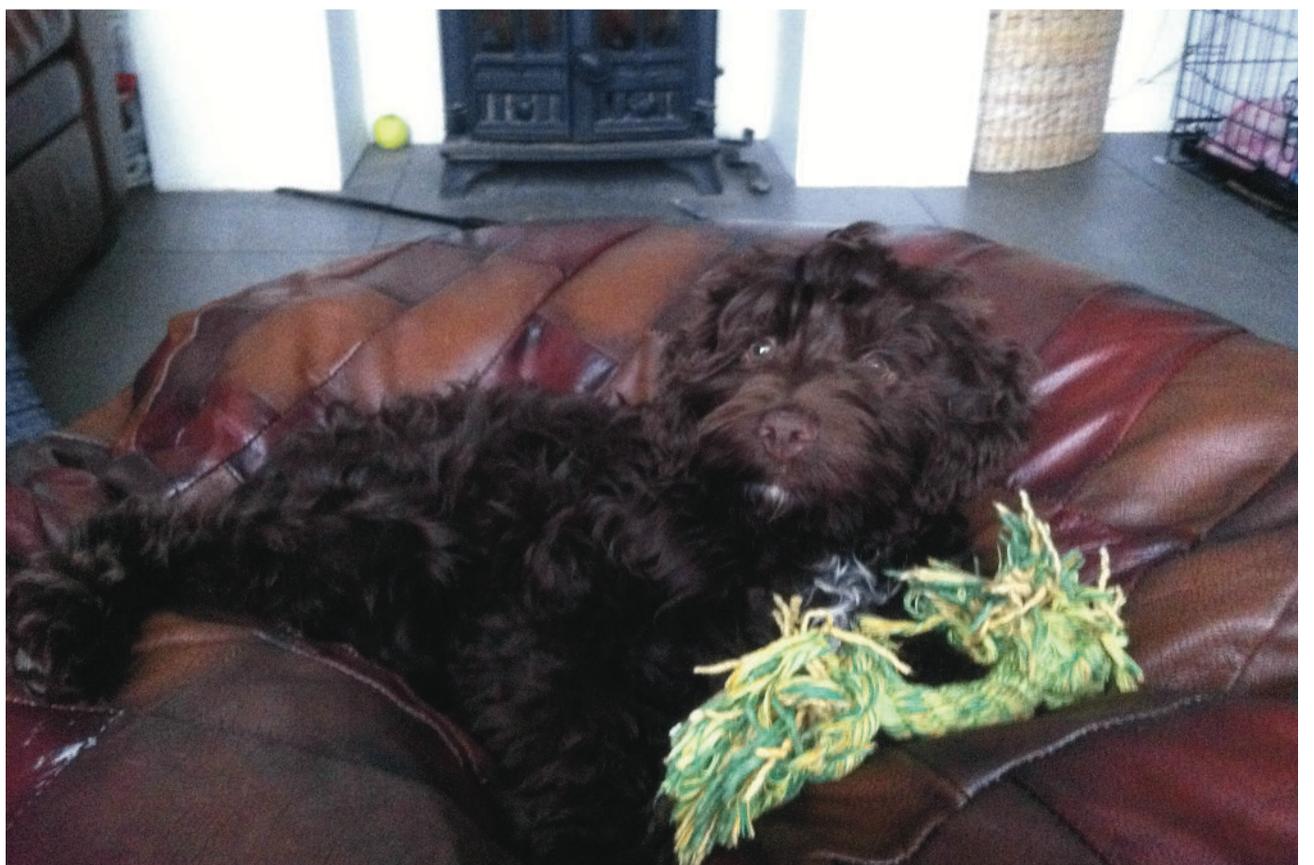
"Time you enjoy wasting is not wasted time."

— Marthe Trolley-Curtin

Where's Amy?



Pet of the Month!



Year 7, Anya Robin's dog Moose!



Guernsey - the focal point of Specsavers

specsavers.co.uk

