

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



The
Ladies' College
Guernsey

www.ladiescollege.com

Les Gravées, St Peter Port
Guernsey, GY1 IRW
Tel: (01481) 721602
Fax: (01481) 724209

27 April 2018

To Parents, Guardians and Students of the Senior School and Sixth Form,

We seemed to jump from winter to summer straight after Easter, however the “normal” weather cycle seems to have now returned. We hope you enjoyed a good Easter and your daughter returned to College in good spirits. The girls themselves seem rested, yet Upper Five Drama and Art students hit the ground running, with their final practical examinations taking place in the first week back and A-level Art and Photography practical examinations finishing today.

With examinations on the horizon for everyone, our message to each student is to aim for a balance in their lives which we know is sometimes easier said than done. In terms of academic work, quality, as opposed to quantity, is key and results themselves should not be the goal. Your daughter’s approach to all that she does, coupled with support from home and professional guidance and support at College does, year on year, result in each student achieving their best and we hope that this knowledge does give your daughter confidence going forwards, regardless of which year group she is in.

Students in Remove to Lower Five follow a study skills programme to support their knowledge and understanding of how to study/revise and each year group/class is provided with guidance about the content from their subject teachers and Year Co-ordinator. The normal homework time-table for these year groups is suspended in preparation for the examinations and this will start on Monday 30 April 2018.

If your daughter is overly anxious, please let us know.

We also wish all our students who are sitting public examinations every success. We are confident they will do their best and believe that they know that we are here to support them.

Staffing update

Mrs Maggie King has been appointed as Upper Five Year Co-ordinator for September 2018.

Mr Tom McGovern has been appointed as Lower Five Year Co-ordinator for September 2018.

Mrs Louise Cory has been appointed as Remove Co-ordinator for September 2018.

We thank Mrs Bronwyn Henderson, Mr Chris Roughsedge and Mrs Carrie Gribbins for everything they have done (and will continue to do until September 2018).

General Data Protection (GDPR)

New regulations come into effect in May 2018. We will shortly be issuing a Consent Form to all parents and guardians of students currently in Remove and Lower Four, which we would ask you to complete and return so that we can update your details and ensure that your consent is current. Please do so ready for September 2018.

Please also be aware that from the age of 14 years, your daughter is required to give consent. The form for older students is the same as the parental one in terms of content and will be completed annually in September in College. In this respect, you may want to discuss this with your daughter.

We have reviewed the new policy and the main impact of GDPR is that we must obtain consent annually. The vast majority of data we hold is linked to legitimate use of information, which helps us to support your child and to communicate with you, whilst at the same time allowing us to review our provision and efficacy. Where legitimate use does not apply, we are required to get informed consent, hence the new form which we require you to update.

Personal details about you or your daughter are not shared outside of College without your knowledge or consent. By using cloud-based services, encryption for our database and secure filing systems, we believe your details are secure.

We will send copies of parental and student forms to all parents for information in May and direct you to the policy outlining Data Protection at The Ladies' College.

Uniform: The Ladies' College PTA

Thank you for your support, both in ensuring that your daughter has the uniform she needs for College and that jewellery expectations are met, with no cartilage piercings and only one small earring worn in each lobe.

The PTA uniform chest has contained only a small number of items recently, as we have moved to new jackets and PE kit over the past couple of years. If you have items of uniform which no longer fit your daughter, they would be gratefully received. Please hand items into Reception for the PTA to collect. Our PTA will use any profit made from the sale of second-hand uniform to provide additional items, such as the curtains in the hall.

Power of Learning Conference

Dr Karen Marshall, Head of Science, has been a tour de force and has secured Professor Guy Clayton as the keynote speaker for this conference on Saturday 30 June 2018. Professionals in education, Sixth Form students and parents are welcome to attend, and a flyer is attached if this is of interest. Please do come along and join us if you are able and are interested in the collection of psychological traits and skills that enable a person to engage effectively with a variety of learning challenges.

Dr. Aric Sigman

Thank you to parents who were able to attend the talk given by Dr. Sigman at the start of term. Sixth Form and students in Remove, Lower and Upper Four also attended talks about the impact of "discretionary screen time".

Attached is a copy of the flyer issued to parents who attended last week, which summarises Dr. Sigman's messages. The headline from his research is that there is medical evidence which suggests more than two hours of discretionary screen time per day should be avoided, due to the impact on health. Dr. Sigman has asked that contents of this document are not posted online and has agreed to share this solely for parents at The Ladies' College.

The Ladies' College website

- **Meningitis**

We have added a document that has been made available to us about this disease, which can be found on our website here: <http://www.ladiescollege.com/media/87562/Meningitis-leaflet->

- **Terms and Conditions**

Our updated Terms and Conditions have also been uploaded onto the website here: <http://www.ladiescollege.com/media/87580/Terms-Conditions-April-2018.pdf>

Library

We thought you may be interested to know that the book club, which runs weekly, is very well attended. Mrs Richardson has arranged several speakers this year and in early May the Lower Four will have the opportunity to meet with a visiting speaker who is coming to the island for the Guernsey Literary Festival.

The monthly magazines, which are available in the Library, have all been chosen by the girls themselves this month, following a questionnaire.

We continue to explore ideas through questionnaires, School Council and Deputy Dozen meetings with the girls and are keen to hear their ideas and explore the rationale for decisions as appropriate.

Combined Cadet Force (CCF)

Three Sixth Form students have piloted being members of Elizabeth College CCF over the past two years. From September 2018, we have entered into an agreement that allows any Sixth Form Ladies' College student to join the CCF. Upper Five have already had an introductory talk about the CCF. From next academic year, students entering the Lower Sixth, will have the opportunity to join the CCF providing they attend the training sessions on Friday afternoons. If your daughter is in Upper Five or Lower Sixth, please look out for the information letter which will be sent home shortly.

Lent Mark Reading 2018

I am pleased to provide a copy of the *Student Achievements – Lent Mark Reading 2017* document which highlights the great results and many achievements of our girls, celebrated just before their well-earned Easter break.


Calendar

In addition to our weekly bulletin, we encourage you to visit: <http://www.ladiescollege.com/diary> for key dates, or access our calendar in full (from an iPad or iPhone) using the link below:

<https://www.google.com/calendar/ical/jpearsonsch%40gmail.com/private-12924f486634cad9a04803e764c2ffc4/basic.ics>

I hope we might see you at a College event this term, whether it be House Athletics, Speech Day or the Art Exhibition, to mention just a few. In the meantime, please do not hesitate to make contact if you have any queries or concerns.

Yours sincerely

A handwritten signature in black ink that reads "Ashley Clancy". The script is cursive and fluid, with the first letters of each word being capitalized and prominent.

Ashley Clancy
Principal

THE POWER OF LEARNING

SATURDAY 30TH JUNE - 10.00 - 15.30

THE LADIES' COLLEGE

GUEST SPEAKER

Professor Guy Claxton
Originator of Building Learning Power



**An insightful seminar
bringing together
experts in:**

- Mindfulness
- Growth Mindset
- Nutrition
- Decider Skills
- Building powerful learners
(*Secondary context*)
- Building powerful learners
(*Primary context*)

£30 PER DELEGATE

includes cost of workshops plus lunch

TO BOOK YOUR PLACE

www.trybooking.co.uk/2829



For more information visit our website
www.ladiescollege.com

Sponsored
by

pwc



PSHE talks for schools

by Dr Aric Sigman

Talks for all year groups,
parents, teachers and conferences



The Facts about Alcohol

Managing Screen Time/Preventing Screen Dependency

Children and Mental Health

Body Image and the Pressures of Physical Appearance

Parenting the Demanding Generation

Some of the private and state schools Dr Sigman has spoken at:

Bedford School Benenden Bishop Wordsworth's Charterhouse Dragon School, Oxford
Fettes College Haberdashers' Aske's St John's College School, Cambridge
The King's School, Canterbury King's School, Grantham
Magdalen College School, Oxford Marlborough College Roedean Sherborne Skinners'
Tiffin Girls' School Tonbridge School Uppingham Wellington Westminster

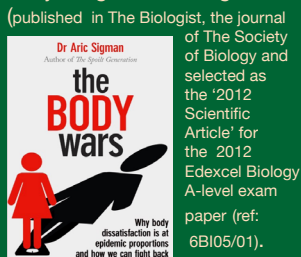
www.aricsigman.com

Body Image and the Pressures of Physical Appearance

Body dissatisfaction has become so prevalent among girls and women that it is now being described as “a normative discontent”.

More boys over-exercise, body build, take supplements and anabolic steroids to acquire a six-pack, and exhibit muscle dysmorphia. And it's appearing at increasingly younger ages. Nearly half of the three- to six-year-old girls in a study in the British Journal of Developmental Psychology said they worry about being fat. But how can we relieve these pressures or prevent them from developing in the first place?

This talk focusses on preventing body dissatisfaction and eating disorders. Dr Sigman has written the book *The Body Wars: Why body dissatisfaction is at epidemic proportions and how we can fight back* and biology paper A Source of Thinspiration? – the biological landscape of media, body image and dieting



paper (ref: 6BI05/01).



The Facts about Alcohol

The Government urgently wants schools, parents, children and young people “to have open conversations about alcohol, to ultimately delay the age at which young people start drinking”.

The earlier children learn about alcohol the less likely they are to develop an alcohol problem later, research shows.

Dr Sigman, author of *Alcohol Nation: how to protect our children from today's drinking culture*, informs children of the dangers of alcohol before it's too late, with age-appropriate messages that provide them with the skills to cope in a drinking culture.

Pupils will understand:

- How binge drinking affects brain function and school grades.
- How to understand and counter peer pressure.
- Why girls are at greater risk of damage from drinking and must always drink less than boys, even when they're the same size.
- How drinking reduces judgment, increasing risk-taking and the risk of being killed or seriously injured on your bike.
- Why alcohol reduces a boy's strength, power and coordination.
- Date rape - the truth about spiked drinks.

Parents will understand:

- What steps they can take to actively reduce their child's risk of binge-drinking or developing an alcohol problem.
- The best approach to adopt with their children towards alcohol.
- How they can forge a joined-up approach to alcohol with other parents and schools.
- How to help children deal with peer pressure to drink.

Parenting the Demanding Generation

'Contrary to popular understanding, 'authoritative' parenting leads to better-adjusted, more competent children ... at different developmental periods including preschool, school age and adolescence,' concludes a large scale study and review by the Institute of Education.

This talk explains how and why, and includes the importance of authority, boundaries in child development and standing up to our demanding children, based on Dr Sigman's book *The Spoilt Generation*. He also discusses the unconscious misperception that authority 'versus' sensitivity, love and compassion are in some way

Managing Screen Time and Screen Dependency

Screen 'addiction' is a term increasingly being used by doctors to describe the growing number of children engaging in screen activities in a dependent manner. Whether it's social media, the Internet or computer games, screen time is no longer merely a cultural issue about how children spend their leisure time, nor is it confined to concern over the educational value or appropriate/inappropriate content. It has become a *medical* issue.

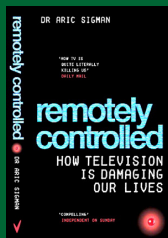
Dr Sigman has published medical papers including *Time for a View on Screen Time*, published in the BMA/BMJ's *Archives of Disease in Childhood*, *Screen Dependency Disorders: a new challenge for child neurology*, published in the *Journal of the International Child Neurology Association*, *Virtually Addicted*, published in the Royal College's *British Journal of General Practice* and book *Remotely Controlled*.

Pupils will understand:

- How the *amount* of discretionary screen time and the time of night they enjoy it may have effects they didn't expect.
- How the over-use of electronic media may affect school performance, academic achievement, physical and mental health, social skills and relationships. E-safety and cyberbullying.

Parents and staff will understand:

- How recreational screen time may affect cognitive skills, attention, brain development, literacy and academic achievement.
- How much and what type of electronic media children should be using before and after school hours, and at what ages.
- What 'multi-tasking' may do to children's minds and brains.
- What schools and parents can do to prevent problems and improve matters.



Children and Mental Health

This talk will spell out practical and achievable yet under-acknowledged steps that parents, schools and pupils can take to strengthen children's mental health and resilience.

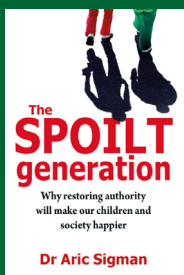
Dr Sigman travels abroad frequently to study child wellbeing and development, and these observations, combined with his PSHE work, have provided some clear insights on this issue. He is currently contributing to a Parliamentary Group report Mental Health in Childhood.

With attention currently focusing on identifying and treating children with mental health problems once they arise, there is little attention on *preventing* mental health problems arising.

While a child's life and family circumstances as well as genes are obvious factors influencing their mental health, there are additional lifestyle and family factors that we do have some control over and that can make an enormous difference to a child's mental wellbeing.

mutually exclusive, and that by exerting authority, we in some way diminish the caring we want children to have and the affection and trust we want to feel from them.

Parenting includes not only parents, but 'extended parents' - the other figures of authority in a child's life, including teachers. This talk emphasises the importance of a more joined-up approach to dealing with children today.





About Dr Aric Sigman

Dr Sigman is a Fellow of the Society of Biology, Associate Fellow of the British Psychological Society and a Chartered Scientist awarded by the Science Council. As a health education specialist, he lectures at schools, medical schools and to NHS doctors. He is a member of the All-Party Parliamentary Group on a Fit and Healthy Childhood and has also worked on teenage health education campaigns with the Department of Health. He is a peer reviewer for the medical journals *Acta Paediatrica* and *Preventive Medicine* and the author of five books on PSHE-related topics, including *Getting Physical*, which won The Times Educational Supplement's Information Book Award. His biology paper on body image was the '2012 Scientific Article' for the 2012 Edexcel Biology A-level exam paper (ref: 6BI05/01).

Dr Sigman has twice been invited to address the European Parliament Working Group on the Quality of Childhood in the EU in Brussels, once on reducing alcohol misuse among children and adolescents, and again on the impact of electronic media and screen dependency. The Royal College of Paediatrics and Child Health invited Dr Sigman to speak on Alcohol and Electronic Media at its Annual Conference in 2012. The International Child Neurology Association scientific committee recently invited him to address the International Congress of Child Neurology. His new paper 'Screen Dependency Disorders: a new challenge for child neurology' is published in the *Journal of the International Child Neurology Association*.

The EU Working Group published his report on the impact of electronic media and screen dependency, as well as his second report on preventing alcohol misuse among children and adolescents in the EU.

An American, Dr Sigman has lived in Britain for many years. Beyond his credentials, he has to face health and wellbeing issues with his own four children, and finds it easy to connect with young people and children.

He has a long history of health education work for children and young people, appearing on the BBC's *Going Live* and then *Live & Kicking* for most of the 1990s. He also wrote health and psychology columns for several BBC children's and teenage magazines. He's written the *Brain and Behaviour* column for *The Times Educational Supplement* magazine.

Dr Sigman travels abroad frequently to study child wellbeing and development in various cultures including North Korea, Republic of Congo, Irian Jaya (West Papua), Bhutan, Iran, Mali, Borneo (right), Tonga, Turkmenistan, Myanmar (Burma), Laos, Vietnam, Bolivia, Burkina Faso, Far Eastern Siberia, Sumatra, Mongolia, Philippines, Jordan, South Korea, Cambodia, Chile, China, India and Japan amongst others.

aric@aricsigman.com
www.aricsigman.com



Student Achievements

Lent Mark Reading 2018



The Ladies' College
Guernsey

The Duke of Edinburgh's Award

Bronze Award

Elizabeth Kennedy
Louise Madden



PE DEPARTMENT

Sports Colours

Junior Hockey

Ellie Dufty, Emily Griggs, Anna Moody, Coco Osborne and Samantha Whalley

Sixth Form Hockey

Abigail Galpin and Phoebe Ovenden

Junior Netball

Emily Griggs, Harriet Savident, Hattie Clayton, Charlotte Howat, Eve Walley, Maisie Webster, Sophie Kent, Megan Digard, Fabienne Carpentier and Evie McGall

Senior Netball

Lois Vidamour, Orla Rabey, Emily Savident and Suzannah Tostevin

Sixth Form Netball

Victoria Mann

Junior Gymnastics

Eva Whitman, Olivia Usher, Rebecca Philp, Henrietta Ross and Sophie Joslin

Senior Gymnastics

Anya Mancini, Imogen Noyon, Giorgia Phillips and Simone Ashplant

Junior Fencing

Fabienne Carpentier

Senior Fencing

Harriet Huxtable and Rachel Simon

Junior Badminton

Lily Le Tocq and Ria Thapliyal

Senior Badminton

Pia Thapliyal, Lauren Rebstein, Ella Podger, Madeleine Bromley

Junior Hockey Trophy for outstanding contribution to U15 Hockey

Henrietta Whitman

Rowena Mackay Trophy for outstanding Senior Hockey player of the Year

Katherine Bushell

Robinson Trophy for outstanding contribution to Netball

Bella Ogier



The Ladies' College, Guernsey Music Department

Music Awards

The Associated Board of the Royal Schools of Music

Grade 2
Piano Rosie Merrett

Grade 4
Singing Summer Domaille

Grade 5
Singing Anna Cliff

Grade 7
Singing Molly Simpson

Trinity College London

Grade 3
Viola Aimée Ozanne

Grade 4
Singing Jennifer Long
Singing Sylvie Rouget

Grade 5
Oboe Lottie Boscher
Violin Nicole Barnes
Violin Rosie Home

Grade 6
Singing Florence Falla

Grade 7
Singing Louisa Burwood
Violin Hannah Langlois

Grade 8
Violin Danielle Parr



SCIENCE DEPARTMENT

Chemistry Olympiad 2017 awarded by the Royal Society of Chemistry.

Bronze Certificates

Enya Rabey
Lauren Domaille
Bella Ogier

National Finals of the Big Bang Competition

Lauren Rebstein and Pia Thapliyal were asked to write up their project on Diabetic Orange Juice for a national magazine.

Katie Connolly and Daisy Whiteman were runners up in the Intermediate (GCSE) category and received a highly commended special prize from Air Products for their contribution to the environment. Their project - Guernsey Potato Power.

The Ladies' College English Department



Guernsey Eisteddfod Certificates

Certificate of merit awarded to:

Perrotine Le Conte
Clemmie Reid
India Hilgeland Wilkins
Isobel Dudley-Owen
Abigail Bran
Isabella Aylmer
Genevieve Evans
Kate Bain
Giselle Fuller
Emmelie Wright
Aimée Gavey
Isabella Davison
Harriet Huxtable
Sophie Fletcher

First Class Certificate awarded to:

Lily Berchem
Zoe Hubbard
India Hilgeland Wilkins
Rosie Merrett
Minnie Swaisland
Grace Davison
Abigail Bran
Kate Bain
Charlotte Bougourd
Amelia Le Prevost
Holly Hobbs
Aimee Browning
Lauren Rebstein
Amandine Harris
Sze-Ching Chung
Leyla Luff
Rachel Dawson
Madelaine Pope
Anya Tee
Pia Thapliyal
Emily Abreu
Emily Oliver
Kate Connolly
Maeve Tully
Megan Gallienne
Hannah Langlois

Honours Certificates are awarded to

Isabelle Davidson
Nina Richards
Isabella Marren

House Events.

Junior House Hockey

3rd Carey and Durand
2nd Brock
1st De Sausmarez

Senior House Hockey

4th Carey
3rd Brock
2nd Durand
1st De Sausmarez

House Football (Combined results)

4th De Sausmarez
3rd Carey
1st Brock and Durand

Upper Four Netball

4th Brock
3rd Durand
2nd De Sausmarez
1st Carey

House Spelling Bee

4th Carey
3rd De Sausmarez
2nd Brock
1st Durnad

Congratulations to the finalists – Kate Bain, Abigail Bran, Amelia Le Prevost and Rebecca Philp.

Overall joint winners: Isabella Marren and Amelie Smith.

House Points (totals for this term)

4th	Brock	322
3rd	De Sausmarez	369
2nd	Carey	374
1st	Durand	377

Running Totals for the Quiz

4th	Carey	345
2nd	De Sausmarez	349
2nd	Durand	349
1st	Brock	354

Running Totals for the Quiz for Staff

4th	De Sausmarez	74
2nd	Brock	80
2nd	Carey	80
1st	Durand	88



Outside of College

Fencing

Rachel Simon won the U15 Leon Paul Junior Series London Sabre competition. She also represented The Ladies' College at the Public Schools Fencing Competition where she took the Bronze Medal for Junior Sabre.

Swimming

Oriana Wheeler came first in the 2017 UK Postal swim for her age group and was awarded a Gold medal having swum a staggering 3930 metres in one hour /157 lengths. Hannah Jones was placed 8th in this National event with hundreds entering this prestigious competition.

