



# Croydon High School

for girls aged 3-18

## *Pastoral Apprise*

Dear Parents and Guardians.

As a busy half term draws to a close, it was my pleasure to reflect on some of the events which are integral to our life here at school. They might not be on a diary, a report, or even mentioned to you at home at all (!), but the fact that girls and colleagues make time for them is a large part of the unsung work that goes on by both of those groups.

Please find a handful of such things remembered below.

May I take this opportunity to wish you all a restful and enjoyable half term.

Mr King

### ***Social Media Sanity***

Inspired by "Scroll-Free September" and "Stoptober", Croydon High Girls were given the option to sign up to three levels of Social Media detoxing.

*The 8 till 8 club* handed their phones to a responsible adult at home from 8pm in the evening, until 8am (or the latest time possible in the morning). Doing so and having the form filled out earned their year group a shot at the much coveted "Golden lunch ticket". Well done to the Year 7s for outstripping the rest of the school on this one.

*The Overnighters Challenge* required more of an incentive to get off the ground, but with the prospect of pizza, an entire crateful of phones was turned in, including staff members'.

*The Weekenders Challenge* is being offered in November and would see girls take on the challenge of their lifetime: no phone from Friday lunchtime to Monday lunchtime. Their sacrifice puts their house in with a chance of winning an all or nothing 100 House points.



## ***Positive Project launch***

Girls have begun trialling the use of cognitive tools from the Positive Project. Beginning with an explanation of the scientific justification for their existence, year groups have been trying out some of the tools on given examples with a view to using them in their own lives as and when necessary. More practice next half term for year 8 & 9. The Sixth Form Positive Club begins after half term.

Click [here](#) for the Positive Project website.



## ***Yoga, Pilates and Mindfulness Clubs***

Staff are leading the way in wellbeing with the staff Pilates and Yoga classes fully booked. Girls too are learning about Wellbeing and Mindfulness techniques through clubs in the Extra-Curricular program.

## ***Positive Voice***

Emma Cole, the Positive Voice, addressed the Sixth Form on the issue of HIV/AIDS, dispelling myths and captivating girls with her story. A well-known successful speaker on the issue, Emma raises so many thought provoking angles to an issue that people of all generations tend to assume they have sufficient knowledge. Thanks to Emma, and to the girls for welcoming her.



## ***Pat on the back***

Congratulations to the recently acknowledged Year 9 pupils voted by their peers as serving their form, their friends or leading by example with excellent attitude to schoolwork.

9B Anna W, Tyler S-H, Varjitha K

9G Maddy C, India R, Avinya B

9E Izzy C, Anjali P, Katherina Wand Amelia M



# Big Sister

## ***Pass it on***

As well as the Big Sister, Little Sister programme getting underway, our Lower Sixth have begun developing a format for younger years to seek informal advice. Confusing friendships, juggling commitments or just someone to share some thoughts with...after a little more training, the team are looking forward to lending a friendly ear.

## Charity exploits

The annual Harvest collection saw an amazing display of decorated boxes for the Salvation Army. 1200 tins headed off to the local foodbank. Lesley Holland reminded the school about the pressures on families locally and globally, as well as an entertaining chocolate digestive challenge.

Fashion show tickets are on sale, teachers are competing against teachers, and the Senior Hall is “pumping” with increased frequency. The Sixth Form would like to invite one and all to take a Walk down Memory Lane in aid of the Royal Marsden Cancer Charity.



## Feeling anti-social?



For parents looking for advice and guidance on aspects of social media and how to discuss with their daughter, perhaps try the following links: [Thinkuknow](#) and [WhatsApp](#) guide for parents.



The South West Grid for Learning has been producing helpful resources for several years now. Click [here](#) for quick guides on popular apps as well as more extensive advice for parents.



Last week, we highlighted the app [MeeTwo](#) for young people who may be wondering “Am I normal?”. The service is moderated and has received praise for the teen-centric format

**EVERY GIRL - EVERY DAY**

**Juniors**  
Tel: 020 8260 7508  
Email: [juniors@cry.gdst.net](mailto:juniors@cry.gdst.net)

**Seniors & Sixth Form**  
Tel: 020 8260 7500  
Email: [seniors@cry.gdst.net](mailto:seniors@cry.gdst.net)

**GDST**  
GIRLS' DAY SCHOOL TRUST

19 October 2018

The Girls' Day School Trust is a Limited Company. Registered in England No. 6400  
Registered Charity No. 306983. Registered Office: 100 Rochester Row, London SW1P 1JP.