



# Headmaster's Update

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Dear Parents,

I hope that your families had a restful week and your sons have enjoyed the first week back. As always this week has been jam-packed with sport, lunch time clubs, CCF, music and a variety of assemblies. Next week is National Careers Week; we have a multitude of guest speakers who will be in the Bistro every lunch time for our boys to discover more about a range of different career opportunities, so please encourage your sons to see what is available each day.

## **SPECIAL MENTIONS**

I am sure the school would like to join me in congratulating Adam Gavey, Henry De Carteret and Donovan Tindall (Year 10) in completing their Silver DofE practice expedition in the challenging conditions of Storm Dennis. Despite the awful weather conditions, they completed three days of walking and two nights in tents. Well done to the three of them. Now to France, Carnac for their qualifying expedition at Easter.

## **CORONAVIRUS PRECAUTIONS**

Please visit the [States of Jersey Government website](#) for the latest information on Coronavirus.

## **WORLDWIDE QUIZ WINNERS**

On Wednesday evening Victoria College once again hosted the Geographical Association Worldwide Quiz, an annual Year 10 geographical team challenge between Jersey schools. After being runners-up in 2018/9 by just 1 point, Mrs Palfreyman was keen to win back the trophy.

The 5 rounds included mapskills challenges, global awareness and geography in the News. Despite some closely fought rounds, the VCJ team, comprising Eden Powell, Charles Maloney, Joshua Manti and Matthew Brown, emerged victorious, with JCG as runners-up.

Many thanks to Dr Hughes for acting as Quizmaster and well done to the boys in the team, each of whom will receive a participation certificate, and an Amazon voucher for winning the event.

## **MUSIC**

Next week we have a flying visit from the USA of the Emmy Award winning blues musician, Billy Branch. He is on Island as part of a European tour with OV, Giles Robson, who will be joining him next Wednesday in a special assembly.

On Thursday 5 March the VC Orchestral Challenge Orchestra for our Year 7s, restarts for the first of 4 rehearsals in preparation for the end of term concert on Thursday 26 March.

Stars of the week are: Fraiser Baird, Archie Barnard and Jayden Kilela.

### **CCF - ROTARY CLUB DE LA MARCHE HOST A LIEUTENANT-GOVERNOR CADET COMPETITION**

On Tuesday, the Jersey Rotary Club de la Marche hosted the Lieutenant-Governor Sir Stephen Dalton and Lady Dalton at a competition for the Lieutenant-Governor's Cadets. The cadets were given the challenge to present on their experiences of being a Cadet, their goals and future aspirations.

Both Finn Cohen-Simpson (CCF) and Charlie Baird (Sea Cadet) attended from Victoria College, and all the Cadets delivered excellent presentations, acquitting themselves with distinction and in doing so impressed His Excellency and the audience. The eventual winner was Clara Baines of the Army Cadets.

### **CCF - FIRST AID COMPETITION**

Friday 7th February saw the annual CCF Inter-Section First Aid Competition. The cadets were put through six different challenges by our adult volunteers ranging from CPR to a quiz of scenarios, including broken bones and severe bleeding. Well done to Navy Senior Cadets and Army Junior Cadets for winning the respective competitions.

### **HOUSE SHOOTING**

In the run up to half-term House Shooting took place and involved two rounds.

<p><b>Round 1</b> - Team of eight, '5 bull card', Blomfield Points Awarded</p> <p>1st - Bruce 769/800 2nd - Diarmid 767/800 3rd - Braithwaite 753/800* 4th - Sartorius 753/800* 5th - Dunlop 743/800 *Final ranking determined on count-back - A special mention and well done to Kaden Rivoallan, Oliver Garfield-Bennett, Joe Beddoe and Will Mulholland who all scored 100/100.</p>	<p><b>Round 2</b> - Top four shooters from each house from Round 1, '10 bull card', Restall Cup Awarded</p> <p>1st - Diarmid 380/400 2nd - Bruce 368/400 3rd - Sartorius 358/400 4th - Braithwaite 351/400 5th - Dunlop 338/400 - A special mention to Liam O'Connell, Tom Mulholland, Will Mulholland and George Yates who have shot together and won the Restall Cup for Diarmid for the last three years.</p>
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### **BOYS VS GIRLS SHOOTING**

With the recent introduction of girls from JCG into the CCF and Shooting Club this year we ran a concurrent boys vs girls' competition. Although the boys have a lot more strength and depth the girls did very well. In Round 1 (team of eight) the girls posted a score of 768/800 and the top eight boys combined score was 796/800. A comfortable win, however the girl's total was only one point less than the winning house! In Round 2 (team of four) the girls scored 357/400 and the top four boys combined score was 382/400, another comfortable win for the boys.

Even though this is only the second year of the girls taking part in Shooting Club they have acquitted themselves very well and now have a benchmark for next year and I am certain we will see an increase in their scores.

### **WORLD BOOK DAY 2020**

On Thursday 5 March, the UK will celebrate World Book Day and the College will be joining in to promote the enjoyment of reading.

Key Stage 3 boys will be able to participate in a quiz where House points are up for grabs for the winners in each form. On Thursday, our Librarian, Mr Woolridge, will be running an exciting Murder Mystery event 'Murder Most Fowl' and then to finish the week we will be hosting a Big Book Swap in the library during Friday lunchtime.

Boys (Y7-9) can bring a book to contribute and leave with a new book to read. All donated books should be taken to Mr Woolridge in the library before the end of school on Thursday 5 March.

Please support the week by ensuring that all boys bring a book from home next Monday. Teachers will be speaking in form time and lessons about reading and asking the boys to read for short periods of time.

### **CAREERS OPPORTUNITIES**

As previously mentioned, next week is National Careers Week and we have several guests coming in to talk to the boys about a range of different career paths:

- Monday - Digital Jersey
- Tuesday – Jersey Sport
- Thursday- Geomarine and Saltgate (Foundation Partner)
- Friday – Bailiwick Express and Rathbones (Foundation Partner)

Alongside these corporate exhibitors, we also have a few parents coming in throughout the week to talk to all year groups on: being a doctor, biomedical science and financial crime.

On Friday next week we have an airline pilot in to talk about a career in aviation, therefore any boys who are interested in becoming a pilot, are encouraged to join this talk, which will be in Miss Randle's classroom at 1.15pm on Friday lunchtime.

### **DR ARIC SIGMAN TALKS**

We are delighted to announce that Dr Aric Sigman will be coming into school for two days next week to speak to our boys across all year groups on numerous topics including mental health, the facts about alcohol and 'soft' drugs, body image and managing screen time. Dr Sigman is a Fellow of the Royal 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, to NHS doctors and has a long history of health education work for children and young people.

As part of his visit, Dr Sigman will be offering two talks specifically for **parents** on the evening of **Wednesday 4 March** in the Great Hall. 6.00pm – 7.00pm Managing Screen Time and 7.30pm – 8.30pm Preventing Mental Health Problems in Children.

We would like to invite you to come along, free of charge, to either or both of these talks. If you are interested in attending, [please click here to register](#):

#### **6.00 PM – 7.00 PM: MANAGING SCREEN TIME**

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.

#### ***Parents will understand:***

- How excessive 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

### **7.30 PM – 8.30 PM: PREVENTING MENTAL HEALTH PROBLEMS IN CHILDREN**

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 and reduce the risk of mental health problems developing. 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.

### **AUTISM & SOCIAL COMMUNICATION TEAM: MICHELLE BRIGNALL VISITING SPEAKER.**

Last Friday during the Staff INSET we were delighted to invite in Michelle Brignall to provide us with top tips for supporting students in the school. We looked at the boy's strengths, anxiety levels, social interaction and then focused on the top 5 tips that will work best for your sons. It is so important to receive such expert help and we all gained useful information and guidance to help all students in the classroom.

### **UNSUNG HEROES**

Whilst we try and include as many of our boys' achievements as we can in the weekly newsletter, we believe there are a few unsung heroes at the College. If your son has been participating in any co-curricular or charitable activities that we can shout about, please email our Marketing department on [communications@vcj.sch.ie](mailto:communications@vcj.sch.ie). Please also follow us on [Facebook](#), [Twitter](#) and [Instagram](#) to see daily updates of life at Victoria College.

I wish you all a very enjoyable weekend.

Kind regards,  
Alun Watkins  
Headmaster