



JERSEY
COLLEGE
for Girls

Aspire • Inquire • Excel • Belong



Holistic and Personal Development

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Holistic Development

Holistic education focuses on several interconnected dimensions of a child's development:

- **Cognitive & Intellectual:** Fostering critical thinking, curiosity, creativity, and problem-solving skills.
- **Social & Emotional:** Nurturing self-awareness, empathy, emotional regulation, and interpersonal relationships.
- **Physical:** Supporting health habits, motor skills, coordination, and physical well-being.
- **Ethical & Moral:** Developing values, responsibility, and ethical decision-making.

How does JCG currently support this?

- Taught curriculum
- PSHE
- Tutor and Assembly Programme
- Trips and Visits
- Extra-curricular programme

Vision for a Student

Students leaving JCG at the end of their studies will:

- Enjoy life to the full, value their friendships and achieve balance in their lives
- Have a thirst for knowledge
- Have a good range of interests, including the Arts and sport, which they want to pursue
- Leave us with an excellent record of achievement
- Have ambition, motivation and staying power
- Have grown as individuals who are happy, well-mannered and able to find fulfilment in their service to others
- Be conscious of the advantages they have enjoyed
- Want to have a positive impact on her community and the world
- Have happy and lasting memories of their time at College.

College Strategy Links – Our Students

We are committed to holistic student development, fostering **academic excellence, emotional resilience, and social growth.**

- To nurture **character and leadership skills**, inspiring students to lead with integrity and empathy while cultivating oracy skills that enable confident and articulate expression.
- To enhance outdoor and co-curricular learning opportunities, **encouraging real-world exploration and growth.**
- To strive to deliver the best educational experience, ensuring a curriculum that fosters **academic excellence, intellectual curiosity, and reflective thinking.**

Character

Character Reflection and Development

Student Self-Refinement

Please tick the most accurate boxes. This will facilitate an honest conversation on your character	I would like to develop this quality	I am content with this quality	I think this quality is a strength	Future behaviours: what I plan to do to strengthen this quality
Kindness – thoughtfully giving time, attention and possessions to others				
Resilience – the ability to withstand setbacks and keep going				
Gratitude – feeling thankful for all that you have				
Courage – the ability to be brave, confront challenges and take risks				
Assertiveness – speaking up, ensuring your voice is heard				
Leadership – being a source of strength and direction to others				
Open-mindedness – willing to consider new opinions and ideas				
Tenacity – sticking to the task in hand, no matter how challenging it is				
Respectfulness – treating people, places and processes with courtesy				
Patience – being calm when you have to wait				
Trustworthiness – being reliable, especially with precious information				
Humility – unassuming and modest; not feeling entitled				
Creativity – ability to develop new and original ideas				
Humour – quick to see the funny side of things, lover of laughter				
Integrity – doing the right thing at all times; being true to your word				
Thoughtfulness – reflecting carefully about self and others				
Inclusiveness – bringing people into conversations and events				
Flexibility – being adaptable when working with others				
Self-discipline – maintaining good habits; resisting bad habits				
Spontaneity – being quick to respond to new ideas and situations				
Personally chosen character trait:				

Personal Development Strategy

“An incredibly comprehensive and ever-evolving programme attending to pupils’ wider development is at the heart of the school’s success.”

(JCG Review 2025)

Introduction

- Personal Development (PD) is central to JCG's Vision and strongly recognised in the recent review.
- This strategy clarifies the opportunities available for all ages/stages and supports students in becoming reflective, intentional learners.
- PD includes leadership, service, and experiential learning that develops confident, socially responsible young women.
- Aligns with:
 - Jersey Independent School Standards
 - Jersey Schools' Review Framework
 - JCG Strategy & School Development Plan
- Developed collaboratively with PD Team and Heads of School.

Vision

- Embed a culture of reflection, opportunity, and growth.
- Every student develops character, skills, and confidence to thrive beyond school.
- A bespoke curriculum where students are “Empowered to serve, inspired to grow, called to lead.”

Personal Development Strategy

- Three key focus areas:
 - **She Leads**
 - **She Serves**
 - **She Grows**
- Students will be encouraged throughout their time at JCG to develop across all strategy areas.
- Tutors will set a target for each area in each year.
- A matrix of possible (age appropriate) activities will be shared online, and these can be discussed at home.

Suggested Activities

<p>Year 8</p>	<p>MLL Carol Service - readings in Home Languages</p> <p>Junior House deputy captains</p> <p>Lead Lower School Assemblies</p> <p>Micro Leadership Opportunities: Student Council, Kindness Ambassadors, Form Monitor, House Reps, Faculty Ambassadors.</p>	<p>National Trust Jersey - removal of invasive species</p> <p>Festival of Cultures - Food Festival</p> <p>Writing for and producing the Lower School Newsletter</p> <p>Random Acts of Kindness</p> <p>Mentoring Year 7 students</p>	<p>Introduction to work and careers in PSHE</p> <p>Challenge Week - collaborating with others, developing independence,</p> <p>Culture Club including collaborating with local primary schools.</p> <p>Festival of Cultures</p> <p>Intro to Unifrog</p> <p>BASC Day Summer 26</p> <p>Shakespeare Festival</p>
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Personal Development

- Students will have ownership over their personal development journey, selecting opportunities that they feel they will enjoy and be valuable to them, whilst also stepping outside their comfort zone to ensure they thrive.
- Students will record their achievements using an online platform (unifrog) which will also feed into future education and choices post 16.
- Tutors will support students and encourage students through mentoring (twice per year) and form time.
- Tutor comments in the end of Year reports will be based around the three strands – She Leads, She Grows, She Serves.
- The language of personal development will be embedded in the tutor programme and across the curriculum.

18 by 18

16 by 16 is a programme at Ninestiles in Birmingham that considers what they believe all students should have experienced by 16.

- Attending a live theatre performance.
- Representing the school in a debate or sporting event.
- Experiencing an overnight stay in the countryside.
- Completing a work experience placement.
- Riding a bike.
- Visiting the seaside.
- Taking part in a Remembrance Day service.
- Visiting Parliament or meeting an MP

JCG is developing a similar list for our leavers – **18 by 18**.

The views of students across the Collee have been used to develop this.

More details will be available in due course.

Any Questions?

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