



JERSEY
COLLEGE
for Girls

Aspire • Inquire • Excel • Belong

Welcome

Year 7 Parents' Information Evening

Mrs Dowdall (Head of Lower School) – b.dowdall@jcg.sch.je

Mr Aubin (Assistant to Head of Lower School) - d.aubin@jcg.sch.je

Form Tutors

7AB – Mrs Hadjam (h.hadjam@jcg.sch.je)

7CA – Miss Bastiman (k.bastiman@jcg.sch.je)

7CF – Dr Le Masurier (p.lemasurier@jcg.sch.je)

7GA – Mr Allan (l.allan@jcg.sch.je)

7IN – Mrs Coleman (s.coleman@jcg.sch.je)

7NI – Mrs Morel-Orchard (k.morel-orchard@jcg.sch.je)

Meet the tutor evening: Wednesday 21st October

Wider Guidance team

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Mrs Dowdall (Head of Lower School) – b.dowdall@jcg.sch.je

Mr Aubin (Assistant to Head of Lower School) - d.aubin@jcg.sch.je

Mrs Natalie Hopkins (Assistant Headteacher – Student Progress and Guidance)-
n.hopkins@jcg.sch.je

Miss Caroline David (SENCO) - c.david@jcg.sch.je

Miss Alice Veitch (Designated Safeguarding Lead) - a.veitch@jcg.sch.je

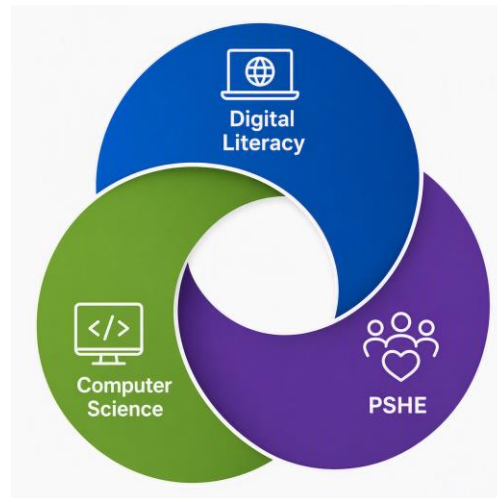
Miss Claudia De Sousa (Education Welfare Officer) (starting in October)

**Simon Lewis
Axel Staal
Emily Le Hegarat
Technology for Learning and
Expectations with Devices**

Digital Health, Resilience & Skills Curriculum

AIMS

- Foster healthy digital habits and resilience to navigate online challenges while safeguarding mental health.
- Empower students to develop the resilience needed to overcome setbacks in the digital world.
- Equip students with essential digital skills for academic success, future careers, and responsible online engagement.



Digital Literacy Lessons



Students will learn how to use Office 365 (including email etiquette) and all other school applications



Students will learn how to make effective notes and use their Digital Textbooks and resources.



Students will learn how to Touch Type



Students will learn how to use their devices effectively and responsibly



This provides a safe place to ask any question they have about technology

Digital Literacy – more detail

- Tools: Outlook, OneNote, Teams, Excel, Powerpoint
- Your identity online: exploring the impact of social media and the attention economy; whose data is it?
- Healthy use of technology, sleep, eye care, balance.
- Creativity: Canva, Stop Motion
- Fact or fiction: what information can we trust
- Developing effective revision techniques, responding to feedback

Digital Literacy Rotation

	Autumn	Spring	Summer
7A1	CS	DT	DL
7A2	DL	CS	DT
7A3	DT	DL	CS
7B1	DL	CS	DT
7B2	DT	DL	CS

Learning using Technology

Device management is active whilst in School between 8.30 to 15.30

Why do we need it...

- To provide Wi-Fi and Filtered Internet
- To 'push out' apps required for learning and paid for by the College
- To support students who forget their passcode or misplace their device.
- To limit distractions in lessons such as notifications, messaging, Airdrop
- To prevent access to social media, games, and non-age appropriate material

*A key study found that it can take students up to **20 mins** to refocus when their learning is distracted.*

UNESCO's 2023 Global Education Monitoring Report 'Technology in Education: a Tool on Whose Terms?'

Digital Support for Students

If students require additional support with devices they can visit the IT Office between 07:30 and 18:00

For students who forget their device or cannot use their device due to repair, we have spare iPads.

Students are also able to report problems or request assistance by emailing it@jcg.sch.je

Apple ID and App Store

All students will remain signed in with their School Apple ID

- 200GB Free Storage
- School-based applications such as Apple Classroom and Schoolworks require students to be logged in with their school Apple ID.
- Can be used for App and Device backups.
- The most common apps for streaming are provided for students in their JAMF student app: Netflix, BBC iPlayer, Amazon Prime Video, Disney+, iMovie.
- Duolingo is also there. Please email IT@jcg.sch.je for requests.
- **Apple do not allow downloads from the App store using the school Apple ID**

Parental Controls

Use **JAMF Parent** which is a Free app – iPhone, iPad, Android

- Allows parents and Guardian to remotely manage their child's device beyond the school day.
- Restrict app use, add time limits, screen time, lock screen
- Link to setup guide in Year 7 Booklet.
- There will be a hands on parent support session on Tuesday 6th October from 5:30pm-6:30pm in Hectors.
- Video Setup Guide : <https://www.youtube.com/watch?v=-OYyk0IbP-o>

Internet Filtering at home

Lightspeed parent portal app

- Filtering restrictions
- Pause internet access
- View internet activity.
- How to sign up is on the Device Management page of the school website:
- <https://jerseycollegeforgirls.com/jcg/college-life/parents-tech-support/device-management>
- **Option 1** - School filtering extended beyond the school day - in place 24/7 (only Apps for learning and internet filtered as at school)
- **Option 2** – Less restrictive filtering, blocks all adult/mature content and social media while allowing access to streaming platforms such as Disney Plus and Netflix.
- **Option 3** - No filtering provided but access to the internet is managed by Lightspeed parent portal.

Year 7 Outside of School Hours Filtering Options



Screen Use and Eye Health



Take a 20
second break



Every 20
minutes



Look at
something 20
feet away



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Acceptable Usage Agreement

The [AUA](#) can be found on the College website within the Safeguarding and child protection policy.

Expectations about safe and appropriate online behaviour and use of devices.

This was signed as part of the admissions process.

We will go over the AUA during school time to cover the key expectations

Misuse of a Device

Misuse of technology generally falls within our Supporting Student Behaviour policy. If you have any concerns about your daughter's potential misuse of technology please contact your daughter's Form tutor in the first instance.

FAQs

What happens if my child's device runs out of battery? – every classroom is equipped with battery packs for students to use during lesson time. It is, however, each student's responsibility to come to school ready and prepared for lessons. This includes with a charged iPad and pencil.

What happens if we go abroad? - students need to pop into the IT office during the week before in order to check that their Authenticator app works. For subsequent visits they simply need to complete a form which is in Tutor notices.

Student Welfare and Progress

Natalie Hopkins
(Assistant Headteacher)

Student Welfare

Year 7 Wellbeing Worries

- Getting lost
- Making friends...
- ...Changing friends
- Managing homework
- Teachers' expectations
- Navigating social media
- Exploring identity

Advice from our Parents and Carers

Support your child's wellbeing through:

- ☐ Early nights
- ☐ Exercise (including dog walks, cycling to school etc.)
- ☐ Family meals (opportunity to talk)
- ☐ Routines
- ☐ Family time
- ☐ Pets
- ☐ Handing in devices (e.g. 2030)
- ☐ Keep telling them you love them
- ☐ Giving children space / a break from questions
- ☐ Sharing the best things that happened today...
- ☐ Goodnight chat (with each child individually)

Advice from Dr Charlotte Clarke

Supporting good behaviour without compromising excellent relationships

- ❑ Positive noticing (drawing attention to some of the many good things our children do, which make us proud)
- ❑ 'I notice that...' (a non-confrontational way to draw attention to conduct that needs to be questioned or challenged)
- ❑ 'That may be true, and yet I need you to....' (a script for acknowledging and validating what a young person is saying whilst ultimately redirecting them to an expectation that needs to be met)

Student Guidance Systems

- Form Tutor
- Head of School / Assistants
- Special Educational Needs Co-ordinator
- Teaching Assistants – ELSA work
- Building Positive Relationships
- Counsellors – Elif Mossop and Fi Daniels

School Counsellors Web Link

- Buddies
- Peer Mentors
- Any adult in College

Working in Partnership

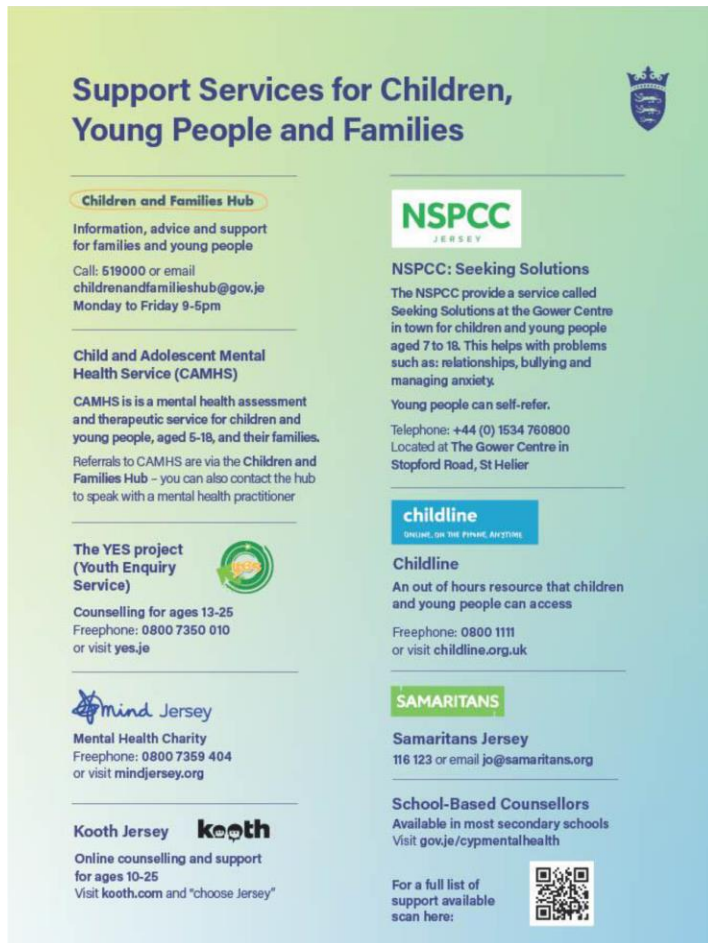
What our Wellbeing Policy asks of parents:

- Working in partnership with the College to cultivate the wellbeing of your children
- Giving due consideration to advice, from the College, about how the wellbeing of your children might be best supported
- Providing feedback to the College on how the wellbeing of your children might be best supported

Attendance

- Attendance letter, outlining procedures for supporting attendance, sent to all parents and carers in September.

Support Beyond College



Support Services for Children, Young People and Families

Children and Families Hub
Information, advice and support for families and young people
Call: 519000 or email childrenandfamilieshub@gov.je
Monday to Friday 9-5pm

Child and Adolescent Mental Health Service (CAMHS)
CAMHS is a mental health assessment and therapeutic service for children and young people, aged 5-18, and their families.
Referrals to CAMHS are via the Children and Families Hub – you can also contact the hub to speak with a mental health practitioner

The YES project (Youth Enquiry Service)
Counselling for ages 13-25
Freephone: 0800 7350 010
or visit yes.je

Mind Jersey
Mental Health Charity
Freephone: 0800 7359 404
or visit mindjersey.org

Kooth Jersey
Online counselling and support for ages 10-25
Visit kooth.com and "choose Jersey"

NSPCC
NSPCC: Seeking Solutions
The NSPCC provide a service called Seeking Solutions at the Gower Centre in town for children and young people aged 7 to 18. This helps with problems such as: relationships, bullying and managing anxiety.
Young people can self-refer.
Telephone: +44 (0) 1534 760800
Located at The Gower Centre in Stopford Road, St Helier

childline
An out of hours resource that children and young people can access
Freephone: 0800 1111
or visit childline.org.uk

SAMARITANS
Samaritans Jersey
116 123 or email jo@samaritans.org

School-Based Counsellors
Available in most secondary schools
Visit gov.je/cymentalhealth

For a full list of support available scan here:



The College's role:

- Signposting
- Making referrals
- Working alongside other professionals
- Leading an Early Help 'team around the child'

[Support Outside of College Web Link](#)

Student Progress

Your Changing Role as Parents



Healthy Learning

Be a scientist about your own behaviour; notice which elements affect you most when they're depleted. Then build some better habits to increase your SHED fuel and, as a consequence, fuel your brain. Sara Milne Rowe

- Sleep
- Hydration
- Exercise
- Diet

Tracking Student Progress

Key:

E	Excellent
G	Good
Y	Not there yet
C	Cause for concern

Attitude to learning	To have an excellent attitude to learning, a student... • is motivated, committed and aspires to do their best • perseveres in their learning • responds positively to feedback
Preparedness for learning	To have excellent preparedness for learning, a student ... • arrives on time and ready to learn • submits their work on time • brings the correct equipment to lessons
Behaviour for learning	To have excellent behaviour for learning, a student ... • collaborates constructively and generously • manages distractions and listens carefully • is respectful and kind • demonstrates interest and curiosity
Progress	To have made excellent progress, a student ... • has improved significantly from their starting point • has used feedback to reflect and improve • has made links between concepts

The Excitement of Adolescence!

'The whole of adult society is built on millions of adolescent stories...In childhood, we establish the basics – who we can trust, what actions lead to good and bad outcomes, how we're supposed to behave. But it is in adolescence that we truly come alive, that our experiences really start to shape the person we become.'

Dr Lucy Foulkes, *Coming of Age: How Adolescence Shapes Us*

Additional Information

Attendance for Achievement

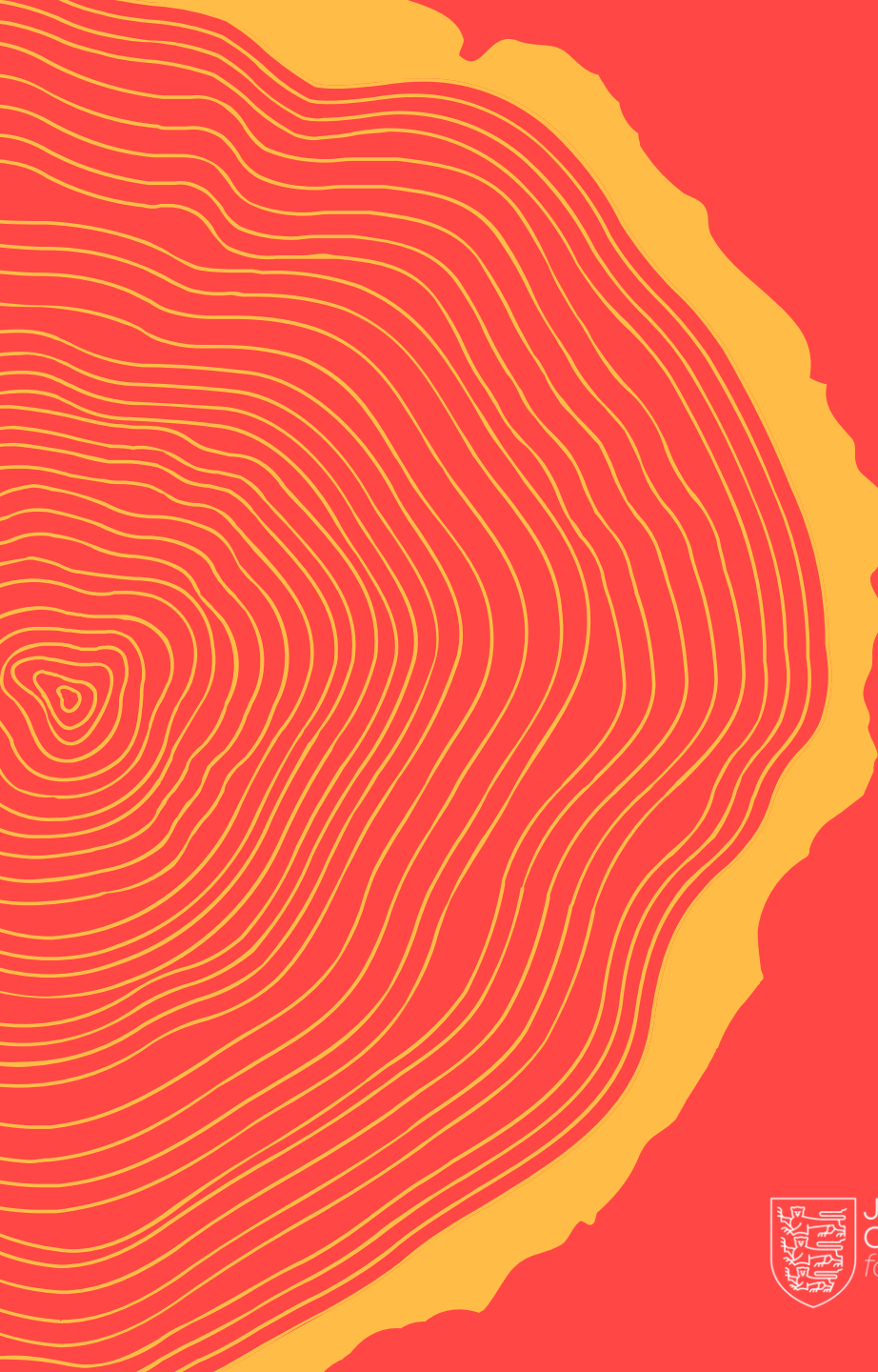
Consistent attendance is crucial not only for academic success but also for developing essential life skills, such as time management and responsibility, and contributes to a more positive school environment. It is key to each student's sense of belonging.

DfE research found that pupils who performed better both at the end of primary and secondary school missed fewer days than those who didn't perform as well.

Exam week – w/c 24th May 2027 (week prior to May half term)

Student Belongings





Communication

Weekly Newsletter
E-mails from Principal / SLT / Heads of
School
Satchel One (Show My Homework)

Achievement Marks

Supporting Student Behaviour Policy:

<https://jerseycollegeforgirls.com/jcg/about-us/policies-and-procedures/supporting-student-behaviour-policy>

30 = Bronze certificate awarded by tutor

60 = Silver certificate awarded by tutor

90 = Gold certificate awarded by Head of School in lower/upper school assembly

120 = Platinum certificate and Amazon voucher presented in whole college assembly by Vice Principal (TR)

Creativity and Performance	Preparation of resources, plus one extended home learning task of 45 minutes per subject each half term for Creative subjects, no home learning for Performance
English	20 minutes reading per day (monitored by English teachers) and 20 mins SPAG or preview/review per week
Humanities	15 minutes per Humanities subject per week = 45 mins
Languages	30 mins per week (vocab learning)
Mathematics	30 minutes weekly to practise and consolidate topics covered in class
Comp Science	15 minutes per week
Science	15 minutes per Science subject per week = 45 mins

Home Learning

Proactive Measures to Promote Well-Being

- Year 7 off timetable on Thursday afternoon (Outdoor Education)
- Buddy Activities
- **Tutor Programme**
- **Lower School Assembly**
- **PSHE Lessons (Mrs Mynes)**
- **Outdoor Education (Ms Powell)**



Year 7 Parent Handbook 2026-27





JCG Y7 Parent Handbook 2026-2027

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