



FSG *Bacc*

*"To see the world, things dangerous to come to, to see behind walls,
draw closer, to find each other and to feel. That is the purpose of life."*



A guide to **Personal Development & Character Education** at
The Folkestone School for Girls

Our Curriculum – why personal development/character education matters

‘..consideration must be given to the question, **what constitutes education and what is the proper way to be educated?** At present, there are differences of opinion as to the proper tasks to be set; for all peoples do not agree as to the things that the young ought to learn, either with a view to virtue or with a view to the best life, nor is it clear whether their studies should be regulated more with regard to intellect or with regard to character’

- Aristotle

The Folkestone School for Girls has a long established and enviable reputation of delivering outstanding academic results. However, in response to the questions posed by Aristotle all those years ago, we believe that education must maintain a **balance between intellect *and* character**. An outstanding education is not either/or. It is both.

Exam results are what you get; they do not define who you are and will play only a part in shaping who you become.

Students therefore do not complete an inordinate amount of qualifications as a matter of course. Instead, students at FSG complete what we believe to be a sensible number of qualifications. This allows students time to focus efforts on achieving the very best grades within these **but also time to participate in co-curricular activities and interests – both at school and at home, and additionally, time to spend with friends and family. A justifiable balance between intellect *and* character.**

This is our curriculum. It is who we are. It is what we do and we are extremely proud of it!

The Folkestone School for Girls provides access to a wealth of additional opportunities within school. There are opportunities in to take part in a host of different sports clubs and competitions, to participate in our many Dance and Drama productions or indeed to sing or play in one of our many choirs, ensembles or musical evenings. Students in years 9, 10 and beyond can access the Duke of Edinburgh Award programme. We also have Debating Societies, Young Magistrates, CCF, Young Enterprise and many other clubs and activities throughout the year.

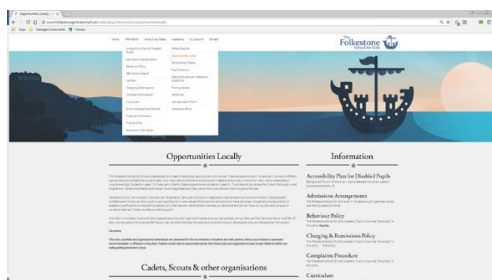
‘Know thyself’ said Socrates. The **FSGBacc** pushes you out of your comfort zone; challenges you to test yourself; to pit **you** against **you** be that on the sports field, the mountain bike trail, the climbing wall or the stage; on expedition with Duke of Edinburgh or on night exercises with the CCF? You will learn to know yourself; and all that you can do.

You are capable of more than you know. If we can help you to realise that then you will never settle for anything less.

This booklet contains full details of all that we offer.

We believe this is in an incredibly important part of education. Being part of a club or organisation requires teamwork and commitment. It develops self-confidence and simply can allow us all to grow and flourish in other arenas. Employers too are looking for these attributes. A broad and strong portfolio of academic qualifications is important but equally so is the chance to demonstrate what else you have done and can do! What will you talk about at a job or university interview? What would be your talking point?

With that in mind, our school website also provides information (via the ‘information’ drop down menu) on many other clubs and activities available locally that might be of interest and girls may consider joining. Many are free. Some do have a small fee. All allow you the opportunity to do something you may not otherwise have the opportunity to do and to grow, develop and enjoy an interest away from school.



The evidence

Academic success is easy to demonstrate. Character/mettle/resilience much less so and it is acknowledged that impact may take years to show on the individual.

However, a research project on the lifelong value of Out-of-Classroom Learning Experiences (OOCLEs) commissioned by Gordonstoun School and carried out by The University of Edinburgh noted that an astonishing 94% of respondents claimed that OOCLEs had an overwhelmingly positive impact on their personal growth; **“A curriculum rich in OOCLEs leads students to develop personal responsibility, teamwork and leadership skills”**

- “Overcoming obstacles leaves students feeling that they can overcome subsequent, unrelated challenges”.
- “The challenges presented by OOCLEs create social levelling and interpersonal ease; they push people physically, psychologically and are excellent social mixers”
- “Trying a wide range of challenging activities, alongside a diverse group of students, with the expectation to ‘give it a go’ appears to yield positive and lasting outcomes”
- “OOCLES seem to push participants in ways they have never been pushed before”
- “Leadership was identified as a key outcome from having participated in OOCLEs”

“Students develop a generalised personal confidence and resilience through participation in OOCLEs, on which they are then able to draw when facing new challenges both at school and beyond”

Similarly, a report from the University of Northampton Institute for Social Innovation and Impact on the Cadet Forces found that ‘participation in the Cadet Forces has significant positive impacts on young people, increasing their performance at school and improving their employment and career prospects’

Specifically, participation in UK Cadet Forces:

- the ability to communicate clearly, to diverse audiences, through formal and informal presentations and in discussions and interviews
- the ability to lead a group of people to achieve an objective. This key skill includes the ability to plan and to
- communicate that plan, as well as being able to control, motivate and drive a team to succeed,
- the resilience to keep going, even when things go wrong or the situation is challenging,
- the ability to work as a member of a team, sharing views and helping others, while being able to take instructions
- the ability to use social skills, including different behaviours, to achieve positive outcomes,
- the ability to accept diversity and work with the different talents that people have,
- the personal confidence to utilize key skills in different situations and with different people

In essence, **Increased social mobility, improved educational outcomes, improved mental and physical wellbeing & enhanced employability.**

Self-efficacy is a concept that relates to an individual’s confidence, motivation and self-esteem and their belief in their ability to exert control over their environment.

A high level of self-efficacy is significantly correlated with educational and employability performance and motivation

‘cadets have improved self-efficacy because of the activities they undertake’

At The Folkestone School for Girls we’d extend that to all the activities that we offer as part of our **FSGBacc**.
All will make you **Learn, Grow & Develop**.

It is the desire to do just that, and the evidence of your desire to do just that, to **Learn, Grow & Develop** yourself, to push yourself, to challenge yourself to be the best version of yourself that employers want to see.

They are just good fun, too!

Dismissing “soft skills” as nice-to-have will be to our detriment.



“Without diminishing the value of the much-talked about (and in-demand) STEM skills, many of the skills that we suspect we might need more of to keep the economy moving forward (inter-personal skills; customer service; leadership and management; empathy) are rather pejoratively tagged as “soft skills”. In fact, they are where we need to focus most future effort. They deserve far more respect and attention than to be dismissed as fluffy or nice-to-have.”

Louise Sunderland, Director, Education, Skills & Productivity KPMG in the UK in ‘Skills Matter’, KPMG, 2019.

“Students develop a generalised personal confidence and resilience through participation in OOCLEs, on which they are then able to draw when facing new challenges both at school and beyond”

In other words.....

Confidence *is*
transferable

Personal Development & Character Education at The Folkestone School for Girls

Begin your Personal Development & Character Education journey here at FSG with the **FSGBacc**.

FSGBacc... well qualified and well rounded, intellect and character; feeling ten feet tall and ready to take on the world.

Years 7 & 8

You could opt for rock climbing and gain your Summit award, mountain biking and the Gears/Trail award, archery and the Range award or cheerleading, cookery, music, dance, drama, sports, debating...the list goes on - or maybe you fancy trying your hand as a presenter on our very own school radio station. We even have our own Escape room! In Year 8 students have the opportunity to join our Combined Cadet Force. You'll have the chance to learn field crafts, first aid, weapons handling, and to attend many exercise and camps throughout the year.

Years 9, 10 & 11

Your Duke of Edinburgh journey starts in Year 9 with the Bronze award. Employers really value this opportunity for you to demonstrate skills and qualities beyond solely academic qualifications. Perhaps you are a budding linguist - with FSG Language Ambassador scheme, visit primary schools and share your passion for languages with the children there. In Year 10 you also have the opportunity to start your own business with Young Enterprise. You will also continue your DoE journey with the Silver Award. In Year 11 the focus shifts to GCSEs. We still want you to have fun though and to find time to find a balance! Keep up all the **FSGBacc** opportunities you enjoy! When the exams are over, try NCS during the summer.

Years 12 & 13

Complete your DoE journey with the Gold Award in Sixth Form or volunteer with bridging the gap. Year 13, nearly time to leave us but before you go you have opportunities to learn a little more about taking care of yourself. Our 7-4-7 cookery programme gives you a repertoire of meals for the week and self-defence lessons mean you can really leave us feeling **TEN FEET TALL!**



Year 7

Begin your Personal Development & Character Education journey here at FSG with the **FSGBacc**. You could opt for rock-climbing and gain your Summit award, mountain biking and the Gears Award, archery and the Star award or cheerleading, cookery, music, dance, drama, sports, debating...the list goes on - Or maybe you fancy trying your hand as a presenter on our very own school radio station.

FSG Radio
ROCK THE ROAD

We are just not like other schools - we even have our own Escape Room

Year 8

In year 8 students have the opportunity to join one of our flagship FSGBacc activities - our Combined Cadet Force. You'll have the opportunity to learn field crafts, first aid, weapons handling and to attend many exercises and camps throughout the year.

COMBINED CADET FORCE

Year 9

Perhaps you are a budding linguist - visit primary schools and share your passion for languages with the children there with FSG Language Ambassador scheme.

FSG Language Ambassador

Your Duke of Edinburgh journey starts in Year 9 with the Bronze Award. Employers really value this opportunity for you to demonstrate skills and qualities beyond solely academic qualifications.

DE
THE DUKE OF EDINBURGH AWARD

BRONZE
Volunteering 3 months
Physical 3 months
Skills 3 months
Expedition 2 days 1 night

Personal Development & Character Education at The Folkestone School for Girls

Year 10

In Year 10 continue your DoE journey with Silver Award.

SILVER
Volunteering 6 months
Physical 3 months
Skills 3 months
Expedition 3 days 2 nights

DE
THE DUKE OF EDINBURGH AWARD

In Year 10 too, you also have the opportunity to start your own business with Young Enterprise. Learn entrepreneurial skills and makes some cash to boot!

YE
YOUNG ENTERPRISE

Year 11

In Year 11, inevitably the focus shifts to GCSEs. We still want you to have fun though and to find time to find a balance! Keep up all the **FSGBacc** opportunities you enjoy! When the exams are over, try NCS during the summer.

NATIONAL CITIZEN SERVICE

6th Form

Complete your DoE journey with Gold Award in Sixth Form or volunteer with 'bridging the gap'.

DE
THE DUKE OF EDINBURGH AWARD

GOLD
Volunteering 12 months
Physical 3 months
Skills 3 months
Expedition 4 days 3 nights
Residential 5 days 4 nights

FSGBacc... well qualified and well rounded; intellect and character; feeling ten feet tall and ready to take on the world.

Year 12

Year 12, nearly time to leave us but before you go you have opportunities to learn a little more about taking care of yourself. Our 7-4-7 cookery programme gives you a repertoire of meals for the week and self-defence lessons mean you really can leave us feeling **TEN FEET TALL!**

Year 13

Year 13, nearly time to leave us but before you go you have opportunities to learn a little more about taking care of yourself. Our 7-4-7 cookery programme gives you a repertoire of meals for the week and self-defence lessons mean you really can leave us feeling **TEN FEET TALL!**

tenner challenge

TEENTECH

Young Citizens

Magistrates' Court Mock Trial Competition



FSG *Bacc*

Qualifications are what you get; they do not define who you are and will play **only a part** in shaping the people that you become. Our academic curriculum therefore is **only a part** of what we do. Complementing our traditional, rigorous academic curriculum our personal challenge programme ensures our girls leave us with a strong academic portfolio of qualifications, highly developed interpersonal skills, self-confidence, self- motivation and a broad range of interests - **The FSG*Bacc*!**

It's not just a pair of boots.

It's not just a rock face.

It's not just a bike ride.

It's not just an empty stage and a mic.

It's what they represent.

It's standing on your own two feet.

It's taking everything life throws at you - sometimes in your stride but sometimes the path may prove harder.

It's never giving up!

It's leading the way.

It's offering a helping hand to those around you.

At **The Folkestone School for Girls**, all students take part in a personal challenge curriculum - albeit on the stage, the sports field, the concert hall, through debating, Young Enterprise, Duke of Edinburgh, the list goes on.....

It's not just a break from the classroom.

It's an essential part of **our** curriculum and an essential part of **your** development.

Our aim is not just to prepare you for exams. It's to prepare you for life.

Confidence *is transferable.* FSG*Bacc*



Your FSGBacc journey

In truth, this begins **before you even join us** as we will ask you about your interests and hobbies and get a feel for your exposure to climbing walls, mountain biking, archery and the like. If you can't swim when you join us, then by the end of Year 7 we aim to have changed that!

Once you join us, you and your parents will be invited along to the school to see what we offer and try your hand at a few of our activities yourselves. Even though you can't join the cadets until Year 8 you'll see them in action and can register your interest; The same for Duke of Edinburgh Award scheme which begins in earnest in Year 9. You'll be able to sign up for those activities that you are particularly interested in and to see and hear, first hand, a little more about The FSGBacc and why we think it's so important for you and to our school. We'll run transition camps at the start of year 7 to really set you off on your FSGBacc journey.

In years 7 and 8, The FSGBacc, will be a part of your school curriculum, with a dedicated afternoon once a fortnight. You'll have a go presenting your own radio show, scaling the climbing wall to gain your SUMMIT award, on the mountain bike trail (GEARS award), archery (RANGE award), escaping from our 'escape room', Commando Joes problem solving workshops and more! Perhaps, too, you'll have a role in our big school production or as part of our choir or in one of our many community projects like Charivari or The Heart of the Wood?

In year 8 you can also sign up for our Combined Cadet Force contingent, a major strand to our FSGBacc offer.

Throughout this period you'll keep a reflective journal on all that you have learned and the skills and attitudes you have developed. Your tutors too will comment on this broader aspect of your time in school as part of your school reports – and they'll have access, as will you and your parents, to all that you have accomplished and taken part in.

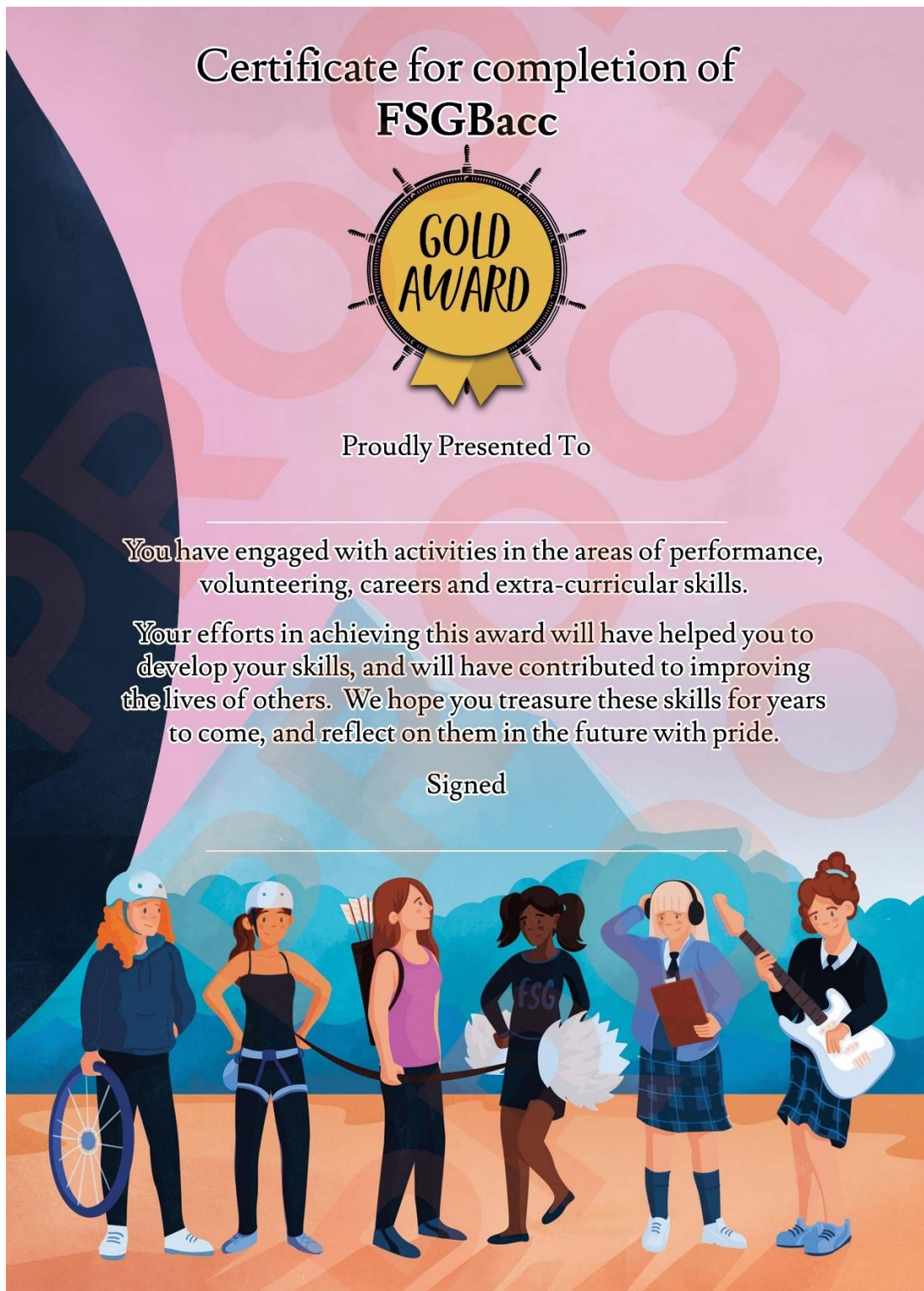
At the end of Year 8 you'll attend an FSGBacc overnight camp here at the school – with some fun activities and a chance to reflect on all that the first 2 years at FSG has brought you. We hope parents will join us for a celebration event as you receive your FSGBacc Junior Award certificates at Bronze/Silver or Gold level.

In year 9, your Duke of Edinburgh Award journey can begin and it is our strong hope and intent that all of you will join either CCF **or** complete DoE **or** both! Both could play a hugely transformational role in your life and will support you as you commence your FSGBacc Senior Award. You'll work towards this over years 9 & 10 with the chance to continue to develop some of the skills you developed in climbing or archery perhaps, softer skills like leadership and oracy too. A chance to continue your DoE journey onto Silver award and you'll also benefit from new experiences such as mock job interviews that you'll need to prepare for. You might even be one of the select few who get to sail a tall ship across the channel as part of our tall ships adventure 'Le Voyage'

In years 12 and 13, you'll play a central leadership role in an aspect of our school which marries with your own interests, through our FSGAmbassador Programme. Perhaps you'll support younger years as a climbing instructor, or with developing their cookery skills (we will even pay for Level 2 Certificate in Health & Hygiene to enable you to do this). Maybe you'll be a Maths expert and can help students who struggle in the lower school or perhaps you'll help student students at Sandgate Primary School or be a community volunteer and read and chat with residents at some nearby local care homes. At the end of Year 12 your contributions and commitments, your attributes and accomplishments will be recognised in the FSGBacc Advanced Award and you can write all about these as part of your supporting statement for UCAS, university and beyond!

We believe, that in combination with the academic qualifications you will have achieved at GCSE & A-Level, the richness of the global curriculum you'll have studied and the values that we espouse that you will have had the GoLD standard in education – you will have GROWN, LEARNED and DEVELOPED. You'll be strong, independent young women; **ten feet tall, bold and spectacular; ready to take on the world!**

The FSGBacc Award



We want your time here at FSG to deliver the **GoLD** standard in education – you will **GROW**, **LEARN** and **DEVELOP** into strong, independent young women; ten feet tall, bold and spectacular; ready to take on the world!

The **GoLD** standard in education

GROW

Goals – Be ambitious in what you want to achieve and work for them!

Responsibility – Be someone who can be relied upon. Become a leader.

Opportunities – make the most of all the opportunities that being here affords you. Join in. Sign up. Take part!

Wider world – Explore the world around you through our international school work; trips; pen pals, projects

LEARN

Listen – to staff and to each other. Do as staff ask first time, every time.

Enter on time and be prepared, with everything you might need for the listen.

Always do your best. There are no excuses for not working as hard as you can; for not giving it your all.

Respect everyone – staff, students, yourself; the site and the environment around you

No excuses – you are responsible for your choices and behaviour. You!

DEVELOP

Driven – hardworking, determined, driven to succeed, driven to make a difference.

Entrepreneurial – seizing and creating opportunities, solving problems, finding solutions.

Venturesome - willing to take risks; take on difficult courses of action; to take on the world.

Empathetic – able to see both sides of the argument; to put yourself in someone else's shoes.

Leadership – finding your voice; charting your own course; getting others onboard – Making Stuff Happen!

Optimistic – hopeful and confident about the future; the person with the most hope holds the most influence.

Personable – polite, affable; confident; have something to say but also know when to listen.

The FSGBacc Award

To recognise and celebrate all your achievements over your time with us, you'll complete the FSGBacc Award programme.

- At the end of year 8 you'll achieve the FSGBacc Junior Award
- At the end of year 10 you'll achieve the FSGBacc Senior Award
- At the end of year 12 you'll achieve the FSGBacc Advanced Award

All are awarded at bronze, silver and gold level to reflect the achievements and commitments you've made in the field of personal development & character education, under 4 key areas.

Performance - activities could include dance, theatre and drama, musical performance, choir, debating or public speaking. Perhaps you compete for the school in one of our many sporting fixtures and have to perform under pressure? Perhaps you have a leadership role and are required to provide instructions to, or lead, others – Maybe as an FSG Language Ambassador – delivering MFL lessons to local primary students? Perhaps you are a presenter for Radio FSG? Or perhaps you are backstage - but still at the heart of - the big school production!! Oracy is the ability to articulate ideas and engage with others. It's an essential life skill and a big part of the FSGBacc.

Skills - this involves all FSGBacc activities such as mountain biking, archery, climbing, cookery or cheer. It also covers creative activities from coding, arts and crafts, writing, graphic design, film making and music composition and 'soft skills' such as teamwork or leadership.

Service - practical action in the service of others or groups, such as volunteering, litter-picking, fundraising, any structured youth programmes or uniformed groups like Beavers, Brownies, Cubs, Guides, Scouts, Cadets and Duke of Edinburgh. You may help others in our school as a subject or peer mentor, a 'buddy' or as an FSG Ambassador in sixth form. Maybe you regularly represent the school at school events like open evenings. Maybe you have been the recipient of an unsung heroes award for your kindness and care for others?

Wider world & World of work – Experience of working with our international school partners or through one of our Global Dimension Initiatives. Practical experience of the world of work, work experience or entrepreneurship. This may involve opportunities to meet role models from different jobs, to draft a CV and personal statement, to take part in a mock interview. Perhaps a career masterclass, or work experience or internship placement. Perhaps you'll start your own small business as part of our tenner challenge or Young Enterprise programmes or gain leadership experience and skills as part of our FSG Ambassador scheme in sixth Form.

FSGAmbassador

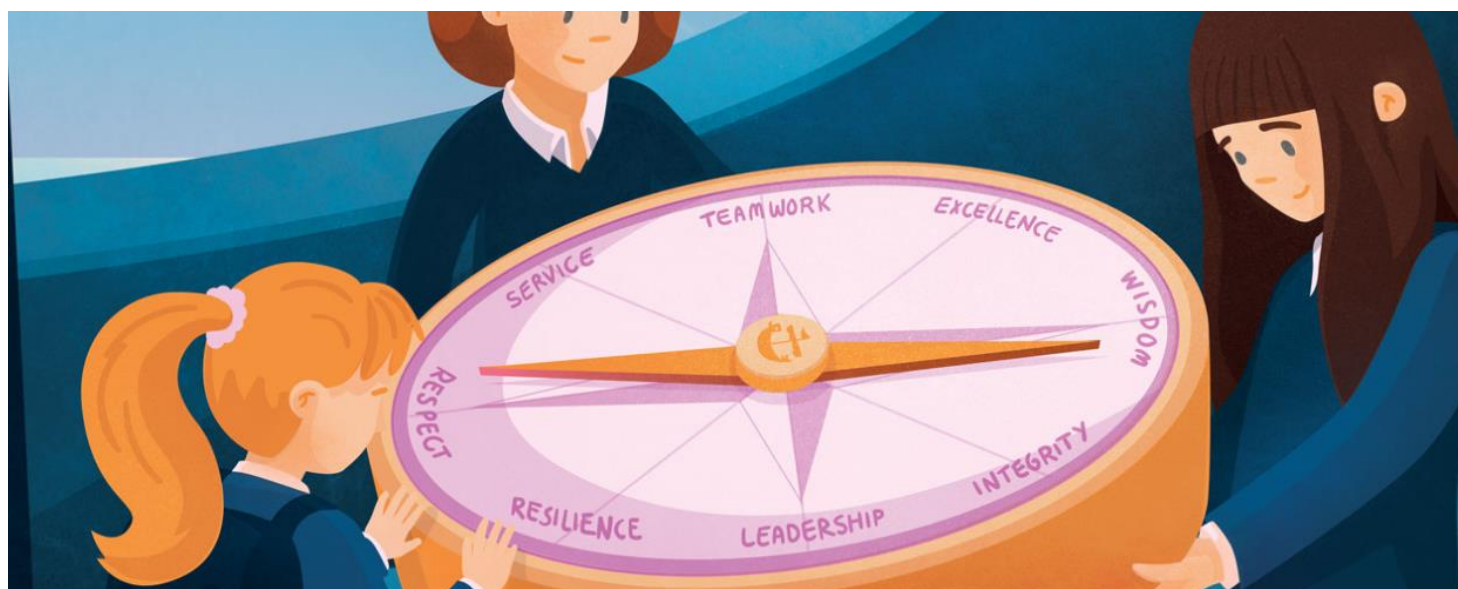
Giving **Bacc** to gain more.



INTERNATIONALambassador **ACADEMIC**ambassador **PASTORAL**ambassador **ADVENTURE**ambassador,
SPORTSambassador **COMMUNITY**ambassador **ARTS**ambassador **ECO**ambassador **SCHOOL**ambassador

In years 12 and 13, you'll play a central leadership role in an aspect of our school which marries with your own interests, through our **FSGAmbassador** Programme. Perhaps you'll support younger years as a climbing instructor, or with developing their cookery skills (we will even pay for Level 2 Certificate in Health & Hygiene to enable you to do this). Maybe you'll be a Maths expert and can help students who struggle in the lower school or perhaps you'll help students at Sandgate Primary School or be a community volunteer and read and chat with residents at some nearby local care homes. At the end of Year 12 your contributions and commitments, your attributes and accomplishments will be recognised in the **FSGBacc Advanced Award** and you can write all about these as part of your supporting statement for UCAS, university and beyond! It's your chance to give something back to the school and to gain leadership, communication and teamwork skills and to grow in confidence.

At FSG, we believe that 'educating the mind without educating the heart is no education at all' and so 'service' is a central tenet of our curriculum and ethos. It is very important students are willing to put the needs of others ahead of their own. This develops a sense of social responsibility and compassion towards people from all walks of life and, through our international links, all corners of the globe. Students give up their own time for the benefit of others, without expectation of return or reward. This is your chance to give something **Bacc!**



Rock climbing

Year group: All year groups via PE lessons & Climbing Club

Rock climbing is a physically and mentally demanding sport.

Physically, have you got the strength to haul yourself up?

Mentally, have you got guts to?

Rock climbing requires strength, agility, endurance. It pits you against the mountain! It's you versus your fear. Can you overcome your own fears to reach the top.

This activity:

- Builds muscle and endurance
- Boosts brain function
- Reduces stress

It also teaches valuable life skills – like setting and achieving goals, problem solving, self-awareness and self-confidence. After all, if you can climb a mountain and conquer your fears you can do anything – public speaking, job interviews, anything! It also teaches resilience – you will never reach the top without **NEVER GIVING UP.**

Rock climbing is just you against yourself and this is a valuable life skill – in life most of the time it is our own self confidence that holds us back. Rock climbing is about challenging and pushing yourself. It makes you want to go higher, climb harder and achieve more and that's not just useful on the climbing wall but in every aspect of your life. The most common fear is fear of heights (and falling from them). Conquering this fear empowers climbers and builds self-esteem and self-confidence.



**“OBSTACLES DON'T HAVE TO STOP YOU.
IF YOU RUN INTO A WALL, DON'T GIVE UP.
FIGURE OUT HOW TO CLIMB IT!”**

- Michael Jordan

Debating Society

**Raise your words, not your voice.
It is rain that grows flowers, not thunder.
- Rumi**

Year group: All

Could you stand up and speak in front of a group of people?
Could you speak in audience appropriate language?
Could you be more articulate and say the same thing but in fewer words?

Many of us don't like the sound of our own voice and fear having to speak in front of our peers or present an idea to others. Yet this is a very valuable and highly desirable life skill. **Almost all** jobs require us to communicate effectively in meetings or in presentations and **all jobs** certainly require us to perform at interview and sell ourselves, our experiences, our skills, abilities and ideas. Confidence in public speaking therefore is a high demand skill. Debating society allows us to tackle current affairs, have our say in matters of ethics, take part in local, regional and national competitions – and to find our own voice.

This activity:

- Develops excellent oral and written communication skills
- Develops excellent critical thinking skills
- Develops effective strategies for research, organisation and presentation
- Develops strategies to overcome fear of public speaking
- Develops poise and self esteem
- Cultivates your powers of persuasion
- Can help you find your own **voice** – your views are just as important as everyone else's.

What happens?

The Society meets every week. Its doors are open to all ages from Year 7 to 13. Every week we debate a controversial issue that has hit the news headlines, ranging from 'Is Trump right to want to build a wall?' to 'Will driverless cars make the world a safer place?' We use a technique of quick-fire debating, called a 'boxing debate', which encourages greater team participation and maximises everyone's chance of getting their points across. Occasionally we have more light-hearted, yet equally controversial debates on topics such as 'Which should go first on a scone, cream or jam?' and 'Does Santa really exist?' Every time you come along to a debate, you'll get a stamp on a special loyalty card, which can be converted into achievement points at the end of each term. There will also be opportunities to take part in local and national inter-school debating competitions, such as Youth Speaks and the English Speaking Union. Debating is also one of the skills recognised by the Duke of Edinburgh Awards scheme. Make a date to debate!

**Find your voice.
Stand Behind it.
Change the world.**

Duke of Edinburgh



From Year 9 onwards

The Duke of Edinburgh Award scheme is *the* world leading youth achievement award. From volunteering to physical activities, life skills to expeditions, achieving a D of E award is a passport to a brighter future, valued by employers and universities alike. Here at FSG we presently offer both **Bronze** and **Silver** awards. These give you the chance to do something completely new and improve on things you're already doing. It takes you out of your comfort zone and into a place where you'll push yourself and have amazing new experiences. You'll build confidence, resilience, and friendship groups. And you'll have a brilliant time doing it!

The award covers four key areas

Volunteering is all about making a difference to other people's lives. Perhaps you're interested in animals or conservation? Or you might like to work with older people or raise money for a cause that means a lot to you? From teaching children cyber safety to starting a local recycling campaign, the Volunteering section of your DofE enables you to give your time to help others and change things for the better.

Physical section is a chance for you to focus on your health and fitness and have fun along the way. As long as you pick something that requires a sustained level of energy and physical activity, the possibilities are endless. Improve your football, rock climbing or dance skills or try a completely new sport or activity. Join a team or do it on your own.

Skills section is about discovering what you're really good at. Maybe you want to get better at something you already do - like playing a musical instrument, or learn something for the very first time, like how to design a website? By developing practical and social skills and nurturing your personal interests and talents, you'll boost your self-esteem and your CV.

Expedition - As part of a small team, you'll plan and complete a practice and final expedition that will truly stretch your horizons. You'll improve your communication and leadership skills and take a rucksack full of memories home with you.

If you're keen to get off the sofa and put 100% into something that could change your life, the D of E is for you.



Mountain Biking



Why not try mountain biking on our new purpose built trail?

Year group: All year groups via PE lessons & Trail Club

There are, of course, many physical health benefits to mountain biking but there are also many mental health benefits – being out in the open air with time to switch off and focus only on the ride. Immersing yourself in the natural world, completing a new challenge, a new trail or a faster time. The feeling you get when out with friends in the open air - in these moments mountain biking becomes a powerful force for your overall mood, presence, and perspective on life.

This activity:

- Offers a total body workout – whilst having fun and getting you out into the fresh air!
- Increases brain power
- Improves co-ordination
- Decreases stress
- Improves problem solving skills
- Improves creativity
- Improves self esteem

**If it doesn't challenge you,
it doesn't change you.**

Young Enterprise

Young Enterprise aims to provide young people with practical ways for young people to get a taste of the world of work and the excitement of running a business. We operate a number of their programmes.



This sees teams issued £10 with 1 month to turn this start-up capital into more! Teams have one month to make as much impact and to realise as much profit as they can. **All students in Years 7 and 8** have an opportunity to do this through tutor groups and **students in Year 9 who study Business Studies** also take part as part of the course



The Company Programme runs over 1 academic year. This programme allows you, the student, to run a fully fledged registered business. You decide the meetings, strategy, product and do the selling! This is loved by big businesses in interviews as it shows you can work under pressure, make decisions, work in teams and deliver results. The best bit? You keep the profits! Two companies will open in January 2019 for business with twenty students maximum allowed in each company. **This is open to year 10, 11 and 12.**

These activities focus on developing 8 key competencies

Communication - The ability to listen, write and speak effectively to present and exchange information and ideas in a clear and concise manner

Confidence - The self-motivation and ability to generate and retain strong self-belief in personal skills, capabilities and likelihood of success

Financial capability - The ability to analyse financial information, manage money well, and make informed decisions to plan for successful financial futures

Initiative - The ability to take decisions, evaluate and calculate risks, and do more than is required in the pursuit of successful outcomes

Organisation - The ability to effectively manage tasks, plan and prioritise actions within a time schedule, and set smart goals

Problem solving - The ability to collect and examine information, think creatively, and analyse situations to generate solutions to problems

Resilience - The ability to persist when facing setbacks whilst adjusting to pressure and adapting to changes in varying circumstances

FSG company, 'Beach Gems – Artisan jewellery' below

The logo for Beach Gems Artisan Jewellery, featuring the text 'BEACH GEMS' in large white letters, 'ARTISAN JEWELLERY' in smaller white letters, and a seashell icon.

Our Products

A photograph of several handcrafted sea glass necklaces hanging against a blue background.

Handcrafted sea glass necklaces
£7.00

FASHION AND DESIGN

Handcrafted sea glass necklaces on silver plated delicate chains

A photograph of two artisan coin rings on a white surface.

Artisan coin rings
£7.00

FASHION AND DESIGN

Up-cycled, hand-crafted coin rings, unique and limited edition- help the environment even in the smallest of ways by purchasing one of our artisan coin rings and make your contribution to the global movement.

Dance

Dance has very obvious physical benefits – but it's also great for your brain, your wellbeing and self-confidence.

1. You will make loads of new friends. Meeting new people is always fun, even if you already have a lot of friends. Dancing is a truly social activity and it will introduce you to lots of new people, from all different walks of life.

2. It builds self confidence. You might be a little self-conscious, when you first start learning, but the great thing is that in a dance class, you are all in the same boat. Once you get the hang of some steps, and you've taken a few tumbles too, you will never feel self-conscious again!

3. It improves your posture. Dance will help to improve your balance and posture. Dancing will show you how to hold yourself in a more upright position with a straight back and you will gain better control and coordination of your limbs. All this will show in your everyday life, as you find yourself walking with more elegance and poise.

4. It reduces stress. Dancing is a fantastic stress buster! You can literally lose yourself in dance, as the music and rhythms take you over. It's a superb and fun way to work off all the stress of the day and you will feel much calmer and relaxed after a night out dancing.

5. It keeps you fit! Health benefits of dancing also include easier weight control. Dancing is a great way to burn off the calories and keep trim. It's a wonderful form of aerobic exercise that doesn't get boring and dance is often recommended as a way for people to lose weight.

6. Dancing increases your flexibility. If you get a twinge, when you reach up for something on the top shelf, then it might be time to take up dancing to bring back the flexibility in your joints, as improved body condition and better flexibility are also a part of health benefits of dancing. You might ache a bit, after the first few lessons, but your joints will soon loosen up and you will find that doing many day to day tasks starts to become easier.

7. It builds strong muscles. Dancing builds and tones your muscles in many different parts of your body. You don't need to be throwing your partner over your head to benefit from dance either! Even the most graceful and gentle of dances will help to tone your body and keep you fit.

8. It will increase your coordination. It goes without saying that dancing can help improve your coordination, but you will be surprised at just how much. Dance teaches you how to coordinate your steps and arm movements, but it will also help to improve your hand-eye coordination too, as you learn to dance in tune with a partner.

9. It will increase your stamina. Health benefits of dancing also include improved stamina and regular dance sessions will gradually get you great results. It's great to get yourself into the routine of exercising, because you can start off easy and gradually work up, as your proficiency in dancing increases along with your fitness levels.

10. Dancing is fun! Above all else, dancing is a lot of fun and there aren't many things that are this much fun, and that do you good!



School Radio



This activity :

- **Builds Confidence** - Most people find talking to a 'mic' in a closed room far less intimidating than appearing on camera or on stage. This allows students to express their views and build their confidence whether it is discussing important issues or sharing ideas, radio gives students a confident voice within their school.
- **Develops Speaking & Listening Skills** - Radio is about speaking and listening. Whether you are presenting or just listening to a show, these vital skills are not only fundamental in radio but are essential for 'real world' skills
- **Improves Literacy** - Seems strange to be talking about writing skills in radio but the first time a student looks at the 'mic' and then asks what they should say, they realise they need to write scripts and prepare between links. Extend this to preparation for talk shows, radio drama or telephone interviews and it is clear that writing plays a big role in radio – as does research, factual accuracy, impartiality.
- **Improving oracy** - We all need great to be able to speak for a variety of purposes and to a variety of audiences. Talk at work is different to talk with friends. Certainly most jobs will require the ability to communicate effectively (even just at the interview stage) and many will involve presenting to clients/customers. Radio provides genuine opportunities to hone this important life skill. Can you speak in audience appropriate language? Can you speak articulately?
- **Giving Students A Voice and Empowerment**- School Radio offers a platform for your students to discuss the issues that matter to them in a non-confrontational format. Whether it is discussing important issues or sharing the music they love, radio gives your students a voice within your school. Many find talking on the radio far less intimidating than performing live events or recording video. This helps presenters to express their views and ideas in ways they might otherwise never do. School Radio provides a fantastic platform for individuals and groups to voice opinions and involve fellow students in discussions, interviews, shows and radio drama.
- **Teamwork** - Planning and presenting radio shows requires a great deal of teamwork. We run our School Radio station like a 'real' station assigning roles and responsibilities for presenters, engineers and station management. Producing great programmes is a real team effort



Mock Magistrates

Year group: 8 & 9 only



What happens?

The Magistrates' Court Mock Trial Competition has been running since 1994 and annually involves over 4,000 **students** from over 270 schools and 1,700 legal professional volunteers across over 40 magistrates' courts in England, Wales and Northern Ireland. Every year FSG participates in this competition.

It is open to all students in Year 8 and Year 9, and runs from the autumn through to the summer term (depending on how successful our team is!). Students take on the roles of different individuals in a typical magistrates' law court, so there are judges (strictly speaking magistrates), lawyers for the prosecution and defence as well as witnesses. There are even parts for court reporters and artists if that interests you. We are then given a particular case to either defend or prosecute and once we have rehearsed sufficiently perform alongside other teams in actual court rooms across the country. Independent judges, who are often lawyers or judges themselves, watch the case proceed and award points for each of the participants. The team with the highest number of points wins! We have had fantastic success with this competition in the past, and on one occasion got through to the finals in Birmingham and were rated 3rd best in the country out of over 300 teams.

As part of the preparation process, we receive training from a local barrister and visit a local magistrates' court. It's the best possible introduction to anyone hoping to become a lawyer or enter the police force in later life. Like Debating Society, it can be used to count towards the Duke of Edinburgh awards scheme.

This activity will develop your skills in:

Public speaking and performance: gives you the opportunity to speak publicly and respond on your feet to questions put to you by your opposing team

Team work: everyone has a part to play, and each member is scored equally for how well they perform their task

Research: you need to study your case thoroughly and prepare for any questions that may be thrown at you by rival team members

Broadening your outlook: finding out about our legal system and the workings of the law, visiting courts and meet members of the legal profession can provide a whole new outlook on life.



Book Club

Perhaps a less showy activity but there is no doubt that ***the most obvious way you can develop yourself personally is by making the very most of your education.*** Arguably, the most important aim of education is personal empowerment – enabling us to take control of our own lives and to shape our own futures. Education is, though, also about passing on ‘**the best of what has been thought and is known in the world**’ from one generation to the next. We also want to become good people; good friends and good neighbours, good colleagues, good parents. Good Citizens. Education is also inextricably linked to economic prosperity and preparing us for the world of work.

At the very heart of education is reading and discussion. A very obvious opportunity for personal development; to learn about the world, to seek other views and opinions and to broaden our horizons.



How it works

Every week a different teacher will lead book club through a book that has had a particular impact on their life. It may be a childhood favourite or a book that has inspired them more recently. It may be a story or character that has resonated with that teacher personally or a book that has changed the course of their life. Girls can take part every week or dip in and out when it suits or according to the featured book or teacher in any given week.

We also publish a list of books recommended by our own teachers in the **Parent & Student Guide** for each year group.

Books are the plane, and the train, and the road. They are the destination and the journey

- Anna Quindlen

Girls Go Wild



An academic **WILD** card in Year 9 or 10 to complete a Higher Project Qualification. Is there something you've always **W**ondered about, been **i**nterested in, wanted to **l**earn or **d**iscover more about. Then **GIRLS GO WILD** could be for you. It's an opportunity to;

Whip up your own project, **i**nvestigate a topic that inspires you, **l**ook into something we just don't cover in normal lessons or **d**elve into completely uncharted waters academically.

An opportunity to **GO WILD and to study what interests or inspires you!**

- Perhaps you are interested in the history of our school; why the Harvey was founded in 1674; FSG in 1905. Why did the girls of Folkestone have to wait nearly 250 years before they had a school of their own? How on earth did the Folkestone School for Girls end up in Merthyr Tydfil in Wales?
- Perhaps you are interested in the environment? We are all pretty good at recycling but how can we reduce what we use in the first place? How can we maximise the volume of a container and yet minimise the amount of plastic or glass or cardboard that makes it? Did you know that making a box twice as big means 4 times the amount of cardboard but 8 times the volume inside it? Why?
- What makes a song catchy?
- How do prime numbers help keep us safe?
- Is it right to topple statues and attempt to cancel History?
- Is modern Art really Art?
- Can we really rely on statistics?
- Should everyone learn a language at school?
- Should self-inflicted illnesses be treated by the NHS?
- Did you know that the Serengeti National Park in Tanzania is 14 times the size of Northern Ireland! Check it out on a map because it doesn't look it! So which projection of the world map is most accurate and why is there more than one anyway?

GIRLS GO WILD – You ask the questions. Your quest for answers!

You will:

- choose an area of interest
- draft a title and aims of the project for formal approval by the school
- plan, research and carry out the project
- deliver a presentation to an audience of staff (and perhaps some friends/family, but all friendly faces)
- provide evidence of all stages of project development and production for assessment.
- identify, design and complete an individual project, applying a range of organisational skills and strategies to meet agreed objectives
- obtain, critically select and use information from a range of sources. Analyse data, apply it relevantly and demonstrate understanding of any appropriate linkages, connections and complexities of the topic
- select and use a range of skills, solve problems, take decisions critically, creatively and flexibly, to achieve planned outcomes
- evaluate outcomes both in relation to agreed objectives and own learning and performance.
- Select and use a range of communication skills and media to present evidenced outcomes and conclusions in appropriate format.
- Have support and encouragement along the way from a dedicated teacher who will supervise you through the project with some teaching of the necessary skills, supervision and assessment of your progress.
- **Achieve a Level 2 HPQ (Higher Project Qualification)**

Aims

The **Level 2 Higher Project** offers opportunities for students to:

- develop and improve their own learning and performance as inquisitive and independent students
- be inspired by new areas and/or methods of study
- support the experiential learning process and provide further opportunities for students to plan and review their learning
- use their learning experiences to support their personal aspirations for further study and career development

Sports Leadership

Young people undertaking Sports Leadership will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community.

The course involves both guided & peer-to-peer learning and supervised leadership to ensure that our girls have all the skills they need to lead basic physical activities to other people – both other students and within the community. Girls will plan, lead and evaluate sports/physical activity sessions over a number of tutored hours and then demonstrate their leadership skills. This could be through track & field or our purpose built fitness suite, mountain bike trail or climbing wall.

This activity:

- Develops communication skills
- Cultivates your powers of persuasion
- Improves self-esteem and self-confidence
- Improves your skills of organisation
- **Develops leadership skills**



Music

The Music Department is renowned for the excellence of its performances and the variety of activities available speak for themselves.

Activities currently available include:

Vocal Ensembles
Orchestra
Wind Band
Junior Band
Ukulele Club

Chamber Choir
Choir
Jazz Ensemble
String Ensemble
Flute Ensemble

Sax Group
String group
Piano Club
Barbershop group
Brass Ensemble

....and even Music Tech club!!



Bushcraft

Fancy yourself as the next Bear Grylls? Fancy cooking up your own Bushtucker trial? Bushcraft could be the activity for you!

Bushcraft is about thriving in the natural environment, and the acquisition of the skills and knowledge to do so. Bushcraft skills include fire craft, shelter-building, navigation by natural means, foraging, water sourcing, hand-carving wood, container construction from natural materials, and rope and twine-making, among others.



Research shows that being outside, typically, increases self-belief, confidence, learning capacity, communication & problem solving skills and emotional well being.

Benefits of Bushcraft

1. Confidence

Bushcraft allows girls to grow in confidence. A simple distracting task like gathering firewood and getting a fire going can provide the opportunity to strike up a conversation, to make new friends and to build confidence as a result

2. Social skills

Activities such as sharing tools/work together as a group strengthens bonds and social ties.

3. Communication

Improving communication skills has a positive effect on self-esteem and is a crucial part of their development.

4. Knowledge and understanding

Developing an interest in the great outdoors and respect for the environment. Encouraging children to develop a relationship with the natural world will help in protecting the environment for generations to come.

5. Flourish.

Being out of the classroom removes the pressures of academia and allows students to play to different strengths. An expert knowledge of algebra may not correlate to being a natural leader and a practical problem solver!





Interested in a career in **Science**, **Technology**, **Engineering** or **Mathematics** (STEM)? Teentech could be for you!

The world faces many challenges and engineers/engineering could prove to be a major part of the solution. From tackling climate change to feeding the planet – and maybe even exploring some new ones. Careers in these fields are so fast-paced that much of what we know now may be outdated or even obsolete in just a few short years. Careers in these sectors could be using technologies that have not been invented yet to solve problems that we don't even know are problems yet!



Teentech – **STEM** Workshop, Guildford.
Girls helping to solve real world
challenges using **S**cience, **T**echnology,
Engineering & **M**athematics

Language Ambassadors



Foreign Language Leaders teaches our girls how to lead others through basic languages activities (for example teaching the colours, days of the week, months of the years) by working to develop their communication, organisation and motivational skills.

This could be older students leading and organising our very own Bastille Day or helping out at a local primary school

This activity:

- Develops communication skills
- Cultivates your powers of persuasion
- Improves self-esteem and self-confidence
- Improves your skills of organisation
- **Develops leadership skills**



Archery

Archers learn to tune out all distractions, focus on their form, and release the bowstring consistently. Concentrating during **archery** practice can help you focus better in other areas of life too. Competing in tournaments is also good practice for coping with high-pressure situations

A physically demanding sport

While it is a fun sport, archery is also physically demanding and those wishing to progress may want to think about improving upper body strength for greater control.

Improves focus

Archers require not only some physical strength, but also mental fitness, and archers develop their focus, flexibility, and attention skills.

Improves patience

Archery is particularly useful for youngsters as it teaches them the benefits of patience. Significant levels of practice are required to reach a decent standard and that level is not reached without patience and dedication.

Improves self-confidence

Archery provides great satisfaction in combining both mental and physical attributes to good effect. Whatever the results at the target, every archer is able to draw satisfaction to a lesser or greater extent, from having won a personal mental battle.

Teaches the importance of safety

The sport can be extremely dangerous if people are reckless. Archery teaches everyone to be responsible for one another and also for the equipment they are using. Archery is clearly no place for reckless behaviour.



Drama

Drama is an obvious opportunity for personal development. Being part of a cast or technical crew requires commitment and teamwork and of course performing in front of an audience really tests one's nerve. Performing then is an obvious way to develop self-confidence and girls have many opportunities to take part.



Girls in Years 7 and 8 can take part in Drama club, which works towards a performance at Christmas, usually with a seasonal theme. This is devised work, so is created by students in the club. The public performance takes place at the end of Term 2 in front of an audience of family and friends.

Once the Christmas performance is complete, we look at a scripted play, which in the past has included "A Midsummer Nights' Dream" and "The Pied Piper of Hamelin". For these plays, we hold open auditions, so anyone can come along and try out for a part. The play is then performed to a public audience in the summer.

Years 9, 10 and 11 GCSE Drama Groups all put on two public performances, one of which showcases original drama, the other being sections from a variety of plays. Our A Level group also produces scripted and devised performances.



In 2019, we brought back the big school production with a stunning performance of Annie. What will we do this year? Would you like to be a part of the cast or perhaps the technical crew or backstage team? Keep your eyes and ears open for announcements and auditions later in the year!

Sports clubs and activities

*‘Sports do not build **character**. They reveal it’*

– Heywood Broun

At FSG we offer a wide range of sports clubs that offer great developmental benefits - physically, academically and socially too. Mixing with friends in a different environment helps us to share and appreciate each other’s strengths and weaknesses – and our own! There’s nothing like a game to develop the teamwork required to score a goal.

Confidence is strengthened along with independence- realising that you don’t have to have your best friend with you at a club, but that you can make new friends with similar interests.



Tennis

Athletics

Rounders

Netball

Handball

Volleyball

Football

Basketball

Krav Maga

Dance

Cheerleading

Succeeding in new activities helps build character, enhances strong leadership skills and a sense of team work. Being part of a team is a commitment – with weekly training and match fixtures – but even more than this it is a commitment to your fellow team members – to always be there, to always give your all and to always do your best.

Students with a physically active hobby are more likely to carry on being active beyond school, reducing the risk of health complications as they get older. Physical activity also supports our mental well being



My coach said I run like a girl, and I said if he ran a little **faster he could too.**

- Mia Hamm

**2 x Gold medallist,
Women’s Soccer, Team
USA**



Combined Cadet Force



Benefits

This is an obvious strand for our personal development/character education programme, The FSGBacc. Girls would benefit in terms of self-confidence, leadership, teamwork, resilience, talking points and from access to the many additional opportunities and skills offered through the CCF programme – canoeing, skiing, walking, climbing, training camps as well as core activities such as fieldcraft, navigation, shooting and drill.

There are overseas visits and expeditions, international exchanges and many opportunities more locally for residential camps, leadership courses, etc

The key aims of moral courage, discipline, respect for others, integrity, loyalty are surely noble aims for us all.

- Courage – we must have the moral courage to do always what is right.
- Discipline – to be effective we must be disciplined.
- Respect for others – show tolerance and understanding.
- Integrity – we are always to be honest and sincere.
- Loyalty – so that others may rely on us.
- Selfless Commitment – we must do our best at all times.

An obvious opportunity for personal development and character education!



Cheerleading

Cheerleading, much like many other team sport, requires athleticism, teamwork, dedication, commitment, and good communication skills. Through choreographed routines, tumbling, stunts and jumps, it also improves muscular strength, stamina, flexibility and coordination.



Cookery

7-4-7

Seven meals for seven days



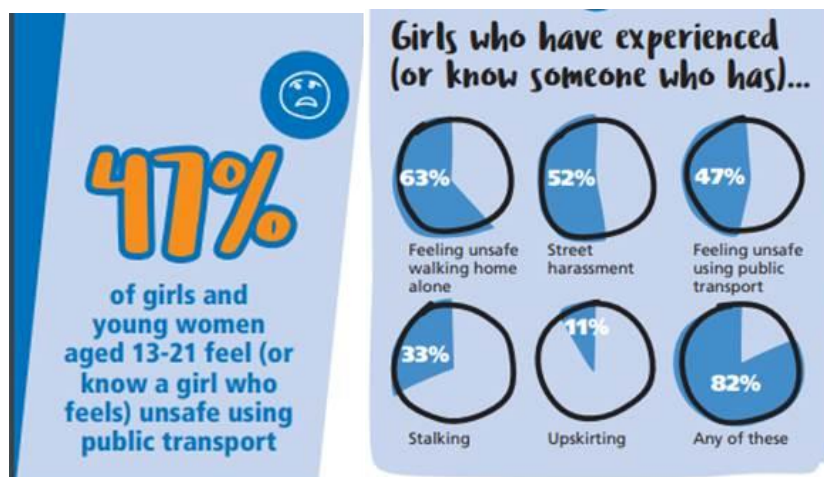
Running after school, in the school canteen, sixth form students learn how to prepare a week's worth of meals – so that they are ready to look after themselves as they move onto university or employment! Dishes range from Chilli con carne to Tuna Pasta Bake to Veggie Curry! Simple, wholesome and home cooked food – on a budget! We have now extended this opportunity to younger students below



FSGBacc - cookery



Krav Maga (Self Defence)



A recent report by Girlguiding UK found that an ‘alarmingly high’ number of girls and young women feel unsafe outside their home. The survey found that nearly two thirds either felt unsafe or knew someone who felt unsafe when walking outside alone. As a girl’s school we feel this is something we really need to tackle. Our sixth form students have the opportunity to train under the Primal 7 Krav Maga Centre in Folkestone and our PE staff are training to deliver this, in school, to younger years.



Other opportunities

Over and above our personal development work here on the school site, we also try to make use of many other opportunities available locally. Pony trekking, swimming, kayaking, tobogganing and additional opportunities that sometime just present themselves over the year like our tall ships adventure, Le Voyage, or our illustrating and publishing our very own children's book, The Heart of The wood.

We also use some of these to provide extra support/confidence building for some of our more vulnerable students. Being out of school in small groups with similar students can help to establish friendship groups for girls and introduce them to additional activities and challenges they would normally not have access to – we believe this to an extremely important element to building self-confidence and resilience and thus to supporting our girls as they move through the school.

