

# Issue 3 2022

## Student Boarding Newsletter

*by students, for parents*



Made for *you*



**COLLÈGE DU LÉMAN**  
International School · Geneva

A Nord Anglia Education School



## Kotaro loves Crans Montana Mountain Weekends



One of the events that all the boarding students are excited about is the ski weekends we have every year at Crans-Montana. Skiing in Crans-Montana is something that has always been special for the students, especially this year. Students were able to release the anxiety that they had from the covid regulation that had limited the student's life.

Crans-Montana offers a beautiful ski slope but also various activities for non-skiers. Ski slopes in Crans-Montana offer the slopes that are suitable for each person's skiing level beginning from beginners to the experts. Not just the slopes, but also the magnificent views from the snow mountain are something that you can only experience in Switzerland. Although skiing and snowboarding were the most populous activity, students also enjoyed activities such as Trampoline Park, Bowling, Ice skating, Snowtubing, Boardgames, and Escape game.

Free time in the evening for high school students is something that students love when they visit Crans-Montana. There is a variety of restaurants in Crans-Montana that serves delicious dishes. The environment in Crans-Montana is an ideal place for students to have a relaxation from academics and release their excitement.

***Kotaro, Léman 2.***

# Trips



## Carlos and his Ski Club adventures



Waking up at 6:30 every Sunday morning can be tiring for some but for me its quite exciting because I know that I will spend the day doing something that I love with people that I enjoy being with.

After waking up and eating breakfast everyone in the ski club gets on the school bus and we are on the way to the Champéry resorts in the Swiss Alps. Coming from a place where there is no snow, I find the views up there quite breathtaking, and being on a snowboard makes the view even better.

Up in the mountains, we have a lunch break where all the groups come together and tell each other their morning experiences and after lunch, everyone goes back to their groups. We stay on the slopes until 4 pm and then we either ski or snowboard down or take the lift down. The bus is usually waiting for us and takes us to the lockers where we can keep our skis and snowboards safe until our return in the following week.

I personally love this experience due to the fact I get to do something I like with great and funny people. I am really looking forward to the next Ski club adventure next week.

**Carlos, Léman 1**





## Polina's university dream comes true



About two years ago, when I decided to take my dream to study in Oxford seriously, I never thought I would get through the first round of selection. Needless to say, receiving my offer to study Philosophy, Politics, and Economics, one of the most competitive courses in the top university in the world, especially being 16 years of age, felt completely surreal.

The application process started back in April, when I submitted my first draft of the personal statement, which turned out to be a disaster. I re-drafted this 1-page essay 12 times. But after submitting the UCAS application, the real process was just starting: an admissions test awaited in less than a month. With it came 3 hours of everyday preparation and solving past papers.

Fast forward to November, as I left the exam room, the first selection round was over. After a month of dead silence, I got an e-mail from the university of being offered an interview: already a great success, meaning I was in the top third of the candidates and get to “stay in the race”. Months of super curricular reading, and all my academical potential and skills came down to 35 minutes Oxford was willing to spend on me. By the time it ended, I was convinced it was the time to say farewell to my dream - it definitely did not go well.

For a week leading up to the grandiose results day I completely lost my focus, sleep, and nerves, only to break down in tears when I saw the shocking “University of Oxford has offered you a place”. Summing up, it feels like the application process is primarily a test of mental resilience, while skills, knowledge, and potential come second. If you are thinking about applying, even if it seems unrealistic, take the shot - it may turn out better than you expect!

***Polina, Villa Louis Yung 7***

## Wakana's Five Senses Poem about her Winter Break in Japan



*“Wake up! Wake up!”  
When I opened my eyes  
There was my sister who looked at me  
Her smile was morning sunshine  
which illuminated my day brightly  
I felt cold air  
I heard the birds singing  
Also, I smelled...something sweet  
When I went downstairs  
The nostalgic smell tickled my nose  
The smell of wheat  
The smell of sweet syrup  
The smell of mellow butter  
Ah, today's breakfast is pancakes  
When I was young, I often made  
pancakes with my mother  
I cut a piece and carry it to my mouth  
“It's good!” I say,  
My parents' smiles are like  
soft cotton candy  
Nothing has changed  
Nothing has changed  
I'm already 17  
There are no presents for me  
from Santa Clause  
However I got my precious holiday  
And I feel that I need nothing else*

*Wakana, Villa du Lac*

# International Dinners

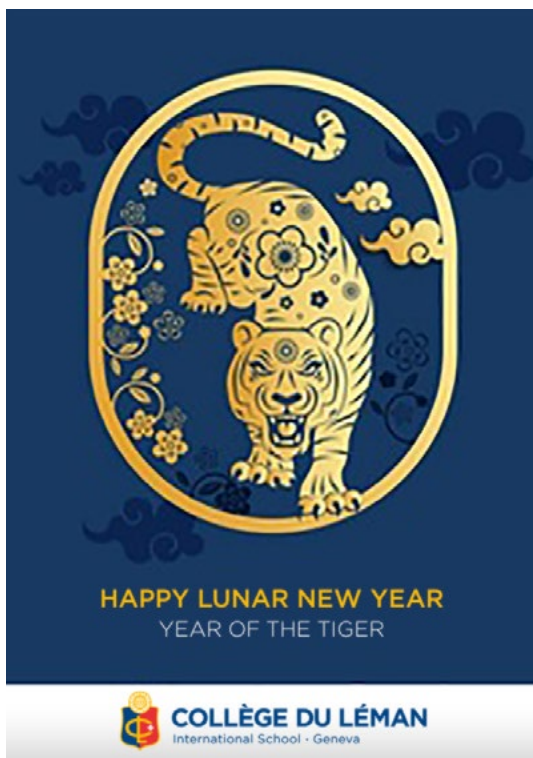


## Mateus feels at home with the international cuisine

In Collège du Léman every Wednesday we celebrate and enjoy the typical food from a country which some of its citizens study in the school, this week, was the time for the students to enjoy the best that Brazilian cuisine has to offer. The food is famous in all parts of Brazil, it is called “feijoada”, the feijoada contains rice, beans, sausage, pork, and orange. But we still had some other things like the Brazilian cheese bread or “pao de queijo” and the “brigadeiro”, a chocolate dessert with chocolate sprinkles.

Everyone enjoyed the food, but I can't say they didn't have their favourite, which was the brigadeiro, and after this amazing meal everyone waits anxiously for the next Wednesday.

**Mateus, Léman 2**



## Coco reflects on the New Year Dinner

“The Lunar New Year is one of the most important celebrations of the year among East and Southeast Asian cultures, including Chinese, Vietnamese and Korean communities, among others.

The New Year celebration is usually magnificent. On the day of the spring festival, the school prepared us a very nice dinner with a strong festive vibe. All of the Chinese in CDL enjoyed it so much! I'm really happy that I'm in CDL a place where we have a such a strong sense of community.”

**Coco, Villa du Lac**



# How our students give back



## Rei's expedition to Croatia

This summer, I will be heading to Croatia to help with research on biodiversity and climate research. I am managing a schoolwide initiative for students who are interested in this area of science.

I will be going with Operation Wallacea, an organization which, among other things, organises school expeditions where students can work alongside wildlife researchers over the summer.

The summer 2022 Croatia Expedition is a great opportunity to add research experience to your CV, especially for high school students who are approaching their University applications. Participants will gain valuable skills and certifications including (but not limited to) PADI open water dive qualification, extensive knowledge of Adriatic ecology, biogeography of the Dinaric Karst, and valuable teamwork skills.

It is a beautiful yet physically and academically challenging experience. I recommend anyone who is interested in Biology, Ecology, and the Natural Sciences to join!

**Rei, New Portena**

## Cherry, Carina, Yvonne and Mary present on healthy friendships

**Wellbeing Pillar 2**  
**Creating A Health Friendship**

**friends**  
**BOUNDARIES** Personal project

- Definition**
  - It is a line which marks the limits of an area.
  - Everyone should have their own boundaries and we can't cross it as a friend.
- Guideline**
  - Be comfortable to say "NO" to your friends in a necessary situation
  - Communicate more to learn each other's boundaries
  - Think what's your's own boundaries and react to other people
  - Be used to say "Please" & "Thank you"
- Why do we need boundaries?**
  - Interpersonal communication requires some comfort. Everyone has different experiences in their life. Not interfering with others' behaviour and not destroying others' interests is the basic principle of getting along. Therefore, we need to have certain boundaries when we get along with friends
- Boundaries in Boarding house:**
  - Leave other's room consciously when it's study hall time especially 3:45pm everyday. Our friendship is not based on interfering other's studying
  - Don't touch other's stuff or borrow things without asking especially the food in the fridge

# Gymnastics Gala



## CDL Gymnastics Gala Champions

Every year the best gymnasts in the Middle School compete in the Collège du Léman Gymnastics Gala - it's an amazing event and we are proud that this week, Luciana won a Gold Medal in the girls' competition, and Kevin a Silver Medal in the boys' competition.

Here's what Kevin had to say:

*“For the gala, I spent 5 weeks practising for this competition. During this time, I really enjoyed doing gymnastics and tried my best to improve from the first time. After that, the moment I heard that I was qualified for the Gala, I was excited but felt very nervous.*

*The Gala took place on a Thursday at lunchtime. The night before that, I was practising with Luciana who helped me so much with the competition. When I heard I was the first one to perform I was so worried that my heart was beating so fast. But the second I started, I calmed down and enjoyed myself.*

*When I heard I was the second place, I was so excited and feeling that I had never felt so proud of myself.”*

**Kevin, Concha, and Luciana, Old Portena**