

Issue 1 2021

Student Boarding Newsletter

by students, for parents



Made for *you*



COLLÈGE DU LÉMAN
International School · Geneva

A Nord Anglia Education School

Meet our 2021 Boarding Prefects

Our Prefects are our student ambassadors. They are all Grade 12, IB2, or Terminale students. They are students who are recommended by staff, and who have a track record of representing our RISE values- crucially, they all want to give something back to the community.



"Being a prefect, I not only get to be a role model for the students but also to represent the school and help the community which comes with a lot of responsibilities. I want to be able to help the community in my new position by addressing the needs of the students and also motivating them to volunteer more often."

Katia



"Having been a boarder since I was 10 years old, prefects have always been people I have looked up to. Therefore, I hope to be the same role model that I had growing up and to be someone that our community is comfortable relying on."

Sophie



"Being a prefect lets me be an example to the new students, and be a role model for the younger students. It has opened my eyes to so many opportunities and brought me the trust of my house parents. My last year is marked by this opportunity to make CDL a better place."

Emma



"I want to help spread the vision of the Collège du Léman toward the boarders and also speak about the boarders concerns. We must make sure that everyone is respectful of the rules and values of our fantastic school. We want to communicate on how our boarding life at CDL is healthy, pleasant and respectful!"

Alex



"One of my favourite values is respect. Our differences are what makes us special- we are not all the same. But at the end of the day, a common theme that we all have is receiving respect. Being a prefect, my role is to make sure that by the end of the year, every single one of you feel respected."

Herluce



"Being a prefect means that I have gained trust of my house parents to represent boarding and help students. It gives me a chance to share my ideas with our community and be a role model to others. One of my ideas is to organise meditation and mindfulness workshops in my house to help girls release stress."

Elizaveta



"Being a prefect is an honour for me. Representing the diverse community of boarding comes with a pressure, but also with excitement. My aim is to become a role model for young students and become an aspiration for them. I want to be able to inspire the others."

Kotaro



"To me, being a prefect gives me a sense of accomplishment after 5 years of being in CDL. It is a way to give back to the boarding community that has been my second family. I hope to gain experience in responsibility and to guide my future leadership."

Iman



"I am honoured to have been selected to be a prefect. I want to contribute even more to the boarding community through guiding other students, helping organise activities and communicate student needs to staff. I hope as well as develop my leadership skills. Together, as prefects, we promise to try our best to fulfil this position of considerable responsibility."

Ghida

How our students give back to the community

Marine Conservation – helping dolphins and sea lions in Greece with Victor and Gabriel

On August 15, 2021, my friend Victor and I flew to Vonista, Greece, for an incredible trip. The main purpose of our trip was to study and help preserve the natural habitat of dolphins and sea lions. Our daily mission was to go out to sea from 7am to 3pm to collect information on the different dolphins and sea lions. In addition, when we had the opportunity, we took the time to collect all the plastic waste around us, in order to recycle it when we returned to port at the end of the day. Later in the afternoon, we had to enter the information we had collected that morning into the computers, in order to match it with the information we already had. This cycle was our daily routine for a week. This unique experience taught us a lot about the marine life of these two species, and we do not regret having gone. If we had to do it again, we would both go without hesitation.

Victor, Olympus & Gabriel, Léman 1



Charity action while visiting the Galapagos Islands with Loris

This summer I went to Galapagos for two weeks. One of the crew members had two cousins that were 5 and 7 years old, and that they were struggling for clothes. Once I heard this, I of course proposed to share my old clothes with them. Knowing someone would appreciate these clothes even if they were not new I was happy to give them, and as you see in these picture they were incredibly happy, and this warmed my heart.

Loris, Concha



How our students give back to the community



The Lake Geneva Clean up with Sarah

We woke up early, quickly ate breakfast, got our packed lunches, and got on the road. We arrived in the center of Geneva and saw what we were working with. We were welcomed very warmly and got to work. We were there to help with setting up the equipment and tents for divers and volunteers that would be the ones actually cleaning the lake. We were tasked with carrying and setting up benches and tables, as well as pitching tents.

Many people wanted to help in the actual cleaning, which took place the next day, so we had to set up around ten tents and dozens of tables and benches. We all worked together and got the hang of everything in no time. Vans full of supplies showed up, and we had to unpack those as well. There were other volunteers as well as builders who helped a lot, and we finished a few hours earlier than expected. We were surprised at our progress, and proud of the way we managed to help speed things up.

At Collège du Léman, we are taught very important lessons for the present and future, one of which is to respect and help anyone less fortunate than us. We are very lucky to be attending a school like CDL, and I think it's great we get to pass on that knowledge and teach others our values. Many boarders that helped with this event now have a newfound interest for charity and volunteering, which they can further explore during their time at CDL.

Sarah, New Portena

A personal story about Mental Health...



This month I helped with a project to promote meditation – it's something I've done since Grade 9, and I hope it can help others regulate any anxiety they have. I grew up in a country where anxiety was seen as a personality feature, rather than a mental issue. I always knew that I had this constantly stressing and worrying part of me, but I never thought that it was something that could have a drastic impact on my life.

As I was getting older, my actions started to be of a bigger significance and would attract more impactful consequences. And this thought would not help my anxiety at all. So I decided to consciously address this issue midway through my first year of High School. One of the factors that encouraged me to take this step was me just simply not being able to sleep as I was stressed 24/7 (for completely random reasons), or me waking up with already a racing heartbeat. Even though anxiety is something that needs to be addressed and overcome, instead of fighting it I went on a different route and befriended it. In this case, meditating and identifying the roots of my anxious thoughts were of great help. I slowly began to look after my actions and thoughts, and whether they caused me more anxiety, or in contrast, make me feel better. And as I became more self aware, I would add at least one thing to my daily routine which would put me at ease, even if to a small extent.

As the time went by, I noticed how much I grew in terms of reacting to the environment around me, and the overall relationship with myself. I cannot say that I have completely got rid of my anxiety and that in every single situation I remain calm and unbothered.

I still get stressed and have my good and bad days. However, through this process I learnt how to adequately address the ups and downs, and be on good terms with myself. Befriending my anxiety helped me stay at ease with my self and let me take everyday step by step, differently from the day before.

Liza, Villa du Lac

Our first Mountain Weekend



On the weekend of the 10th of September of 2021, all the boarders headed to Leysin to spend some quality time in the Swiss Alps. I took this opportunity to challenge myself and try something new. Among the many activities offered such as mountain biking, climbing, orienteering, and accrobranche, I picked an allweekend hike with an overnight stay in a mountain hut.

I can definitely say that it was a unique and unforgettable experience. I was able to disconnect from my studies and enjoy the beautiful scenery we have in Switzerland. I also had the opportunity to meet new people and I got to share different stories with them.

We hiked on Glacier 3000 which is located at the highest point in the Vaudois Alps. It is actually the same mountain I skied on last year which was pretty fascinating to notice. We also did some climbing and rappelling and learned basic survival skills. It was an enjoyable long hike especially while carefully listening to our experienced guide's expedition to Mount Everest.

After a long and tiring day we arrived at the mountain hut and enjoyed a warm dinner. We spent the evening chatting and playing card games before having a good night's sleep.

Overall, it was a constructive experience that allowed me to connect with nature and feel gratitude for living in Switzerland and being surrounded by such beautiful mountains. I would advise everyone to pick this activity next year as it is the best!

Ghida, New Portena