



SURVAL MONTREUX
GIRLS' SCHOOL IN SWITZERLAND



SURVAL NEWS

December 2019

Celebrating Excellence in Girls' Education for over 55 years

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*"There was a giant orange foam mountain –
I laughed so much as we played in it that
I got bubbles up my nose!"* Viviana (FY, Mexico)

Greetings from The Principal

It is a privilege to share this term's Surval News with you, bursting with tales of learning and discovery, in the classroom and beyond. Our theme for this year is "Be the Best You Can Be", and you will see this exemplified in the abundance of activities and adventures undertaken by our girls in the articles and images which follow.



In this News, our Vice-Principal, Mr Smale, reflects on the importance of helping our students to become independent learners, ensuring that they develop the skills necessary for university and their future careers. I am so proud of the scope of the Enrichment opportunities offered here at Surval, emboldening our girls to take the knowledge, skills and strategies acquired in the classroom and apply these to the broader context of Surval life, our community here in Montreux, and, ultimately, in the wider world.

As a community, Surval lives out our mission of championing Social Enterprise, forging Global Perspectives and celebrating Language and Culture every day. The respective sections of this News highlight our activities and achievements in these fields of endeavour this term.

From student-led initiatives to raise awareness and funds for charities we hold close to our heart, to powerful writing by students on topical issues in sustainability; and to the leaders of tomorrow realising the power of their own voice and actions at Model United Nations Conferences and the September Climate March, we have been very busy! As our students become global citizens, we recognise the power of our home communities in uniting us and forging values that we want to bring to the world. I was moved and uplifted to see our Swiss Gap students sharing their sunshine with the residents of Le Byron Home for the Elderly; these fortnightly visits give our girls valuable insight to our local culture here, learning about lives and times gone by – and, most recently, having an afternoon of dancing together too! Similarly, reading the reflections of the girls who go along every week to support the Cartons du Coeur charity, and our Advanced French students' immersion experience on a long weekend in the stunning French Côte d'Azur.

Travel is always high on Surval's agenda, and indeed one of the reasons many girls choose Surval for their studies. Our annual Swiss Tour, fantastic fortnight in Italy, and our magical long weekend in Prague thrilled and inspired our lucky travellers, as you will see from the souvenir galleries. As I begin to pack for my own upcoming recruitment trip to China and Japan, these images remind me of the joy of discovering new places and cultures, and the thrill of new friendships made on the way.

With our end of term festivities commencing with the traditional Feast of St Nicholas bringing the entire Surval family together for an evening of celebration (in a Dining Room beautifully decorated by our Swiss Gap girls), we are reminded yet again that the spirit and spectacle of Christmas at Surval is, like our students within, super-special.

I wish you all a merry and peaceful Christmas break and a very Happy New Year - here's to 2020!

Patricia Woodhouse

Patricia Woodhouse

Teaching and Learning at Surval

Surval's Vice-Principal Mr Smale explores The Classroom: independent learning and self-reflection as essential life skills for all.



One of the most rewarding things about teaching is being in the classroom. In the classroom we fully engage with our subject areas, our areas of passion and interest. The classroom is a place to work with the influencers, entrepreneurs and leaders of the future and it is a wonderful place to be. Teachers spend hours reading, researching and nurturing their classroom practice to ensure that it is having the desired impact on young minds. It is critical that we take this opportunity to learn about our profession and understand why we do what we do in the classroom.



At Surval we are embarking on a new learning journey so that we as teachers can encourage our students to be engaged in the learning process themselves. Along with other schools in the Bellevue Group we have been using iPad Minis, alongside the Swivl application, to record key aspects of our lessons, providing an opportunity for self-reflection on the factors that contribute to independent learning.

An essential skill, independent learning is when students set goals, monitor and evaluate their own academic development and thereby develop lifelong learning skills that will be invaluable both at university and in the work place. This ability has been shown to provide all sorts of benefits for students* including, but not limited to:

- Improved academic performance
- Increased motivation and confidence
- Increased chances to be creative and intellectually creative

* [Read more here](#)

These benefits are very exciting and allow us, as a school, to spearhead research into effective independent learning strategies.



Self-reflecting, in any walk of life, is hugely beneficial for those who make the time to do so. With objective, focused and well-considered self-reflection we are able to really see the impact we can have within the classroom. At Surval we pride ourselves on our bespoke, individualised care for the girls we are privileged to teach. Through self-reflection we can instantly observe the impact of our tailored programme, in our own classrooms, and we can address aspects of learning that need a little more care and attention. It also means that we can, as a team, develop and cultivate a passion for learning within our students and demonstrate that you are never too old or experienced to continue learning. This is, I feel, so important as we encourage our girls to value being lifelong learners and as we help prepare them for the next steps in their lives.



I am enthused about what the future holds for us as a school and am delighted to be working somewhere so driven and passionate about development of learning for both staff and students.

Social Enterprise

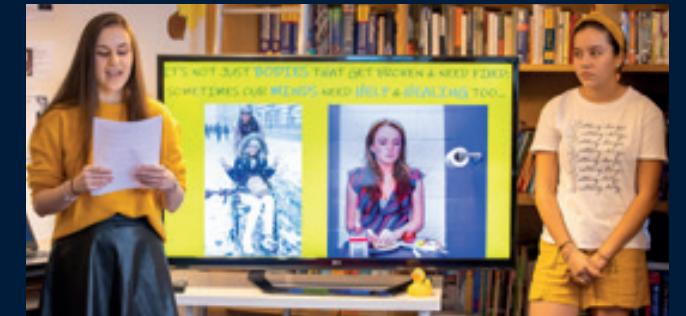
#HelloYellow for World Mental Health Day

Thursday 10 October was World Mental Health Day, an international day for global mental health education, awareness and advocacy against social stigma. Inspired by a suggestion from our Head of Boarding, Mrs Wilkinson, the Charity Committee led a day of raising both funds and awareness for the charity Young Minds. This began with an Assembly in which students shared personal stories about times when they have struggled with their mental health, and concluded with a cinema night of thematically linked movies. The fundraising events raised CHF 274.55 to support the fantastic Young Minds charity, and the courage of the girls who opened up in Assembly about their own experiences inspired others throughout the day to have conversations on the topic. Below, Charity Committee member Ana Paula (Grade 9, Mexico) shares her impressions of our #HelloYellow themed World Mental Health Day.



Yesterday, I had the opportunity to witness and experience the joy of #HelloYellow Mental Health Day! Surval students turned this into a very creative and happy day for everyone by organising a very joyful and colourful event with many activities led by the Charity Committee.

We started the day with an Assembly led by five of our students that informed us about the purpose of the day and shared some truly inspiring and brave stories. As an activity at the end of the Assembly and during the day, we had a wall with all the girls' faces on it, and everyone had to write a positive and kind message about each girl on a post-it and then stick it on the wall.



So what is #HelloYellow? #HelloYellow is a campaign by a charity called Young Minds that helps young people with their mental health. Young Minds have a website where you can find out more about how they can help. I totally recommend you look at the website because you can find information for if you ever have a problem and also there are Young Minds volunteers that would be very happy to help you by talking to you about your problems.

Because Young Minds is a charity, we did fundraising activities throughout the day to support them. At the end of the day we watched a movie named "Little Miss Sunshine". It has a very beautiful message which is: never hide your feelings, try to express them. My friends and I had a conversation about how everyone has gone through difficult times in their lives and how it has affected them each differently but, after all, the way they overcame their issue helped them in a positive way today. I also posted a picture on social media so my friends outside of Surval can know more about the importance of talking about our mental health and learn about Young Minds.

During this day I learned a lot about the importance of talking about our mental health, and it made me reflect that we all pass through difficult times in our lives and we should learn how to express ourselves and look for help because we are not alone and there's always going to be someone to help us.



The Colour Run

Rule Number One of the Colour Run:
Do not talk about the...no...wait -
Rule Number One:
Wear white at the starting line...

Rule Number Two:
Finish covered in colour!

In September, eighteen Surval students and two intrepid staff members set off to nearby Lausanne to take part in the annual 5k Charity Colour Run, all dressed in white T-shirts, as per Rule Number One on the Colour Run website. It was a chilly autumnal day but, as Ms Stancheva said,



“The girls’ enthusiasm blew the rain clouds away!”

With a focus on fun and charity fundraising, rather than speed, the Colour Run advertises itself as the “Happiest 5k on the Planet” – loud music and dancing energise the runners at the start line, and at each kilometre throughout the run, everyone is doused from head to toe in a riot of rainbow colours.



It took the Surval team about an hour and a half to cover the distance, with the highlight of the course being the foam station, after which everyone was soaked in colour from head to toe. Viviana (FY, Mexico) laughed,

“There was a giant orange foam mountain – I laughed so much as we played in it that I got bubbles up my nose!”

At the finish line, a big party awaited, with medals given out to all the paint-splattered participants. Pink, blue, yellow and purple, Team Surval trooped back to the buses afterwards, sporting their red Colour Run bags and big smiles.

It was a wonderful way to kick off this year’s charity teamwork and fundraising!



Activities and Fundraising for ASRIMM

(Association Suisse Romande Intervenant Contre les Maladies neuro-Musculaires)

We are delighted to announce that the Surval community has raised CHF 1’316 this term for Suisse Téléthon and ASRIMM, including the funds that were collected during Surval Summer Camp. Our Early-bird Runners (the girls who participated in two sunrise sponsored 5k runs for the charity) raised a total of CHF 250, with the girls earning more from the experience than money alone, as you can read in Nastya’s speech (on page 8) “What We Gain From Helping Others”.



Our Charity Committee led the sales of the ASRIMM mascots at break, lunch and after school, this year with a sustainable theme: Mme Spigarelli, our Charities Coordinator, bought not just this year’s ASRIMM Mascot (a friendly giraffe), but also a selection of mascots from previous years that had never sold. The mascots sold out rapidly, raising over CHF 500, and can now be seen in classrooms and bedrooms throughout the school!

Of course, supporting a charity should be about more than just donating money; for a truly worthwhile experience, we should learn about the charity and, ultimately, give the gift of our time. At the start of the year, therefore, representatives from the Charity Committee visited ASRIMM itself to discover more about its objectives and to have the chance to meet some of the people that our donations help.

Katie (Grade 11, Ireland) wrote about the visit and presentation in a [Student Blog](#), concluding:



“Our visit to ASRIMM was very inspiring and educational. We learned about these people and how hard it can be for them and their families. We were given the chance to experience what it would be like to have one of these diseases, as we tried on some weights around our wrists and ankles to experience mobility with the increased body weight and reduced strength caused by having a neuromuscular disease. After visiting ASRIMM, I want even more to be able to help these people and their families, and my hope for the future is that I will be able to make a strong and positive impact through all my charity work.”

ASRIMM then returned the visit, with representative Leena delivering a whole school presentation on Téléthon, giving all the girls the opportunity to ask questions and learn more about how we can make a difference.



More recently, Nastya (Grade 12, Russia), spent a day volunteering at an ASRIMM Day Out, a special event organised to give the boys and girls a day of challenges, teamwork and fun. Nastya described the day in her subsequent Assembly as “life-changing”, an invaluable opportunity to gain insight into the lives of these teenagers and to simply have a good time with them:

“I was impressed by how fearless they were in the outdoor games – we all ended up covered in mud! Then we made Christmas decorations out of sugar for their family members... although we ate some too; they were beautiful – and delicious!”

We are proud of and thankful for the generosity of the students and staff who are willing to give their time and money to this important cause.



What We Gain From Helping Others

Nastya (Grade 12, Russia) was inspired by her participation in a (very!) rainy early morning charity run in October to reflect on how the experience of this run, the challenges she faced and how she overcame them, are a pertinent metaphor for confronting and overcoming the obstacles faced in life.

I think we all can relate to that feeling of sadness and discouragement when standing on the doorstep before dawn, when it is pitch black and the heavy rain does not seem to come to an end, willing to just give everything up, go back to bed and not bother. So, what is the purpose then of overcoming negative thoughts, taking up the gauntlet and daring to try? Why did none of the girls who were about to leave for the run turn around and say: "I'm staying in school. I'm not doing this!"? I believe it is due to their bravery to accept the challenge and do it no matter what; due to their willingness to support the charitable organisation Téléthon in order to help people with rare genetic diseases.

On the run, our friends' enthusiasm kept us going when it got difficult. I stayed with my friends until we had to run up a steep staircase, and then I got left behind. I reached three roads and didn't know which one to take. I was afraid to call anyone at first because I thought that they would get angry with me for getting lost. But, eventually, I phoned school, and my teacher came back for me and showed me the way. I realised that, at the end of the day, teachers are there to help us whenever we need with whatever we need.

This experience resonated with me because we often get into these exact same situations in real life – feeling alone and with no idea of where to go – when we have to make important life choices or decisions. And, if we are lost and don't know what to do, our close friends and relatives are the ones that will help us out, who will guide us and lead us to the right destination. And, moreover, when overcoming difficulties together, not only do we ourselves become stronger, but also our relationships become stronger.

Oh, what a great joy I felt when we got to the end! I was very happy at completing the run and overwhelmed with the extraordinary sense of achievement that I gained.

Everything starts to seem possible when you have the support and belief that you can do it: you are able to do it and there is simply no reason why you wouldn't do it. This is the feeling I try to carry with me throughout life, particularly when it comes to solving problems and overcoming difficulties.

However, as life goes on, there are lots of times when we don't feel that uplifted or strong or capable of anything. Therefore, in order to free ourselves from feeling this way, it is important to show ourselves that we are much more than we can imagine. By taking up challenges and not being scared by any difficulties that will always be there on our way to success, we prove to ourselves that there are no limits to what we can be or to what we can achieve.

An extremely important point to mention here is that we should do this to prove it to ourselves, not to others; to be the best version of ourselves so that we can then help others and inspire them, leading by example, to a conviction that we can be anything that we want to be and they can be anything they want to be as well. It is not a competition but a team action to help each other shine!

Finally, the run itself was a great opportunity to help children, teenagers and adults just like us, but who are unfortunately affected by rare genetic diseases. We do not always fully appreciate how fortunate we are that we can walk and run and jump and feel strong. Yet, when we do recognise how blessed we are, the most incredible thing that we can do is to help people who are going through difficulties, especially because we often come to discover that they are even stronger and happier than we are because they have learnt the value of every small thing in life.

Read [What We Gain from Helping Others](#) in full on our [Student Blog](#)



Languages & Culture

The European Day of Languages

I love commuting between languages just like I love commuting between cultures and cities. – Elif Safak

A love of languages lies at the heart of Surval. Lessons are taught in either English or French, but our international student and staff body means that many more languages are spoken throughout the day. Informal teaching of languages frequently takes place between the girls; all of whom, when asked, will cite discovering other languages and cultures as one of their key reasons for choosing Surval as a place to live and learn. There was no way, therefore, that we would let European Day of Languages pass unobserved.

Our celebrations of the Day began with an Assembly led by our Head of Boarding, Mrs Wilkinson. A Scots native with a degree in French and Spanish, Mrs Wilkinson began by asking everyone how they were doing in Scots Gaelic ("**Ciamar a tha sibh?**", if you're wondering!) before going on to share a very useful French phrase: "**Voulez vous un croissant?**" Students and staff then took it in turns to share a phrase in their own language – Welsh, Irish, Swiss German, Spanish, Russian, Czech, Italian.

Later in the day, Mrs Wilkinson hosted a European Languages Tournament, with much merriment shared, as students and staff were quizzed on their general knowledge in this area.

And this brings us to the reason for celebrating European Day of Languages; its origins stems from the Council of Europe's conviction that "linguistic diversity is a tool for achieving greater intercultural understanding and a key element in the rich cultural heritage of our continent". Not only does learning languages and celebrating the many spoken tongues of Europe help promote a better understanding of different countries and cultures, it also gives us insight into our own individual country and culture – for many of us, more than one – as well.

If languages are your passion, there is an infinite amount to discover.

"A new door to the French world..."

In September, three Advanced French Surval students departed with Mme Hily and Ms Wells for their long-awaited French Immersion experience.

Liza and Nastya (Grade 12, Russia) and Faith (Grade 12, Botswana) spent a long weekend in the Principality of Monaco, on the beautiful French Riviera. The girls stayed with French families, attended a French school, and had the opportunity to discover the local nature and culture. The trip provided the students with the unforgettable experience of being truly immersed in a French-speaking environment.



On returning to Surval, Liza and Nastya led an Assembly on their French Immersion experience, delivering it in both English and French. As both girls had very little English when they joined Surval, both deliveries were equally impressive! A proud Mme Hily, who organised the trip, expressed her satisfaction at its success, showing heartfelt pride in her students' development: *"I am really pleased with what the girls have learnt and achieved over the five days in Monaco. It definitely allowed them to bring their French skills to the next level and I am really very proud of them!"*

So what did Liza and Nastya have to say about this wonderful opportunity?



"On the night before the trip to Monaco, we were a little bit nervous; but, at the same time, very excited as it was our first time of this kind of experience. We couldn't wait for the morning to come and didn't want to go to sleep. Different thoughts were coming into our heads and we were talking to each other to help us calm down. We could not believe that the next morning was coming because we had been waiting for this trip since last year and now it was only a few hours away! This is when we realised that dreams do come true! That evening was magical because all our feelings were mixed up but one thing we knew for certain was the gratefulness we felt towards Mme Hily for organising this trip and sharing these moments of happiness with us. This day has become one of the most important days for us because it changed our whole lives and opened a new door to the French world. We have started a new chapter where every single morning the first thought that comes into our minds is that we are looking forward to speaking French because it brings us joy and happiness."

"La nuit précédant notre voyage à Monaco, nous étions un peu nerveuses mais surexcitées car c'était notre première expérience de ce type. Nous avions hâte au matin et ne voulions pas nous coucher. Différentes pensées nous traversaient la tête et nous nous parlions pour nous aider à nous calmer. Nous ne pouvions pas croire que cela arrivait réellement car nous attendions ce voyage depuis l'année dernière et maintenant, il ne restait que quelques heures! C'est à ce moment-là que nous avons réalisé que les rêves deviennent réalité! Cette soirée était magique parce que tous nos sentiments étaient mélangés, mais la seule chose que nous savions était que nous étions reconnaissantes envers Mme Hily d'avoir organisé ce voyage et de nous avoir fait partager ces moments de bonheur. Cette journée est devenue l'une des plus importantes pour nous car elle a changé nos vies et a ouvert une nouvelle porte au monde français. Nous avons commencé un nouveau chapitre où chaque matin, la première chose à laquelle on pense est que nous avons hâte de parler français, car cela nous apporte joie et bonheur."



As members of the public come into local supermarkets to do their shopping, a Cartons du Coeur volunteer will ask them if they would like to support the cause. If so, they are given a list of suggested items that they may like to buy, such as food or toiletries. The shopper chooses at least one item to buy for the charity and on leaving the shop, they give the items to the volunteers. Boxes of these life necessities are then put together and delivered to local people in need.

Charities Coordinator, Mme Spigarelli, is delighted with the volunteer work performed by the Charity Committee students so far this year:

"I was very proud to work with the eight student volunteers. Their French skills were shown off as they approached the shop customers and invited them to buy some extra goods for Cartons du Coeur. Our students' enthusiasm was highly appreciated by the other volunteers and by several customers who stopped by to tell me how positive and smiley the girls were. I believe that our students are particularly engaged with this organisation because they themselves get the chance to deliver the 'boxes of the heart' to the local families every two weeks, so that they see the huge impact their work has on these people's lives."

Cartons du Coeur organisers wrote to thank all volunteers:

"Chacun de vous il y a contribué par son enthousiasme, son engagement et sa motivation, que ce que ce soit dans les magasins comme chauffeur transporteur ou comme trieur au local." ("Each of you has contributed with enthusiasm, commitment and motivation, whether in stores as a driver carrier or as a sorter locally.")

Surval are extremely proud of all our Charity Committee volunteers!

Volunteering with Cartons du Coeur

Volunteering for the charity Cartons du Coeur ("boxes from the heart") enables our girls to help others whilst speaking French at the same time.

The girls say...

The generosity shown by the members of the public who made donations felt heart-warming and this really motivated me. It made me think that it is important to always help when we have the opportunity.

Natalia (Swiss Gap, Mexico)

Cartons du Coeur was a really informative and awesome experience for me because I saw the impact and the result of what we can achieve as a community when everyone contributes their grain of sand.

Vivi (FY, Mexico)



I volunteer regularly for Cartons du Coeur because it changes people's lives; we are helping people by giving boxes with life necessities in. I have been many times to CDC and I am committed as I love helping – I always have charity near my heart and I will always help whenever I can.

Charlotte (Grade 11, UK)

I volunteered for Cartons du Coeur because I like the idea of helping people. I had never heard of Cartons du Coeur so I thought it would be nice to try something new – especially if it's for a good cause.

Alejandra (Swiss Gap, Mexico)

The highlight to me of volunteering for Cartons du Coeur is the people who are so kind and caring. On Saturday, one person donated a whole shopping trolley full of home goods!

Nastya (Grade 12, Russia)



"I am doing good, thanks to you"

One of the highlights of Surval's Swiss Gap Experience is the opportunity to combine charity work in the local community with immersion in Swiss culture. The girls are given the chance to do this on a weekly basis, through volunteering for L'étape and Cartons du Coeur; and, on a fortnightly basis, through visits to Le Byron.

Le Byron is a Housing and Care centre for senior citizens, set amidst the vineyards of Villeneuve, with a light-filled dining room that overlooks Lac Leman. For the past three years, Mme Wahli, our Teacher of Etiquette and French, has been coordinating these visits, which have become one of the most valuable and memorable parts of the girls' experience here – to the extent that many of the students from other Grades within the school have asked if they can go too!



Traditionally, each year, the new Swiss Gap students' first visit to Le Byron involves introducing themselves to the residents using posters that they have made depicting a little bit about their lives. For many of the girls who have come to Surval to learn French, this may be the first time they have actually spoken in French to a native speaker, and they are often quite nervous initially. However, the warm and encouraging reception given to the girls by the ladies and gentlemen there, and Mme Wahli's support and enthusiasm, quickly chase the butterflies away!

For our second visit of the term, our Le Byron Student Coordinator, Mayela (Indonesia), helped organise and lead a games afternoon with the residents. To begin with, some of the girls were quite timid, especially when one of the ladies at Le Byron said that she didn't like games, and was going to go to her room; however, everyone (including this lady) was soon swept up in the fun of balloon "keepy ups", hoopla and various other competitive activities; and, about 30 minutes later, the same lady who had said that she wasn't going to stay was caught up in an exciting race with Mayela to see who could roll a spool of thread with a bottle attached to the end the fastest! This lady was not the only Byron resident to express her disappointment when Mme Wahli regretfully announced that the girls would have to leave.

Most recently, Mayela and Chloe (Ireland) put their French skills to use as they led a Bingo afternoon, with the other Swiss Gap students joining the game and helping the residents – including a lady of one hundred years old! This very enthusiastic centenarian thoroughly enjoyed the afternoon, not least because as the girls grew in confidence, they started to have proper conversations in French. As Mayela reflected afterwards,



"The best part is learning about the lives of the residents."

"I am very proud of the girls' work at Le Byron," says Mme Wahli. "We have had some wonderful moments, and it is so nice to see everyone laughing and happy together. The men and women have got used to Surval visiting them now; and, if we haven't been for a few weeks because of a holiday, they keep asking Le Byron staff when we will be coming back and are so glad to see us when we return! Yesterday, one of the girls asked one of the ladies how she was doing, and she replied: 'I am doing good, thanks to you.'"

An atmosphere of pure simple joy, companionship and warmth truly pervades on each of these very special visits.

Global Perspectives

Fridays for Future Climate March

On Friday 27 September, students in the Sustainability Society joined with four million protestors worldwide as part of a week of climate protests and activity to prompt government action to address the climate crisis. The girls headed to Lausanne, with posters that they had made in Sustainability Society that week, marching with several thousand other children, teenagers and adults.

Katie (Grade 11, Ireland), reported back after the event:

"I got the chance to participate in the march because I am a member of Surval's Sustainability Society, which I joined because I want to help in some way to save our planet. I want to make sure that people know how serious the consequences of climate change are, and how they can help. I feel frustrated that many people don't seem to care about the damage our actions are causing to our environment. However, when I went on this march, I felt empowered and excited that I could be part of making a difference. It was an amazing experience to see how everyone was determined to chant and make themselves heard. I really enjoyed this march and I am hopeful that it inspires change in the future."

The climate marches were inspired by Greta Thunberg's School Strike for Climate, which gave birth to the #FridaysforFuture movement. Beginning as a lone striker outside the Swedish Parliament, Thunberg has since been nominated for the Nobel Peace Prize and delivered talks at the United Nations and World Economic Forum. Greta encapsulates not only the indisputable fact that one person can change the world, but that we do not have to wait to be adults to be strong, positive and influential leaders – a wonderful example for the students of Surval. With our Sustainability Society students soon to be leading fundraising for Protect Our Winters, delivering TED Talks at the Youth Forum Switzerland and, along with members from the MUN Club and other keen students, visiting the World Economic Forum in Davos, we certainly have our own future leaders in the making...



Model United Nations

Our Vice-Principal, Mr Smale, is also Surval's Coordinator for Model United Nations (MUN), leading the club in their weekly meetings and taking participants to two MUN Conferences this term – one at Haut-Lac International School and the other at Institut Le Rosey.

At a MUN Conference, each committee has delegates representing countries from all over the world, allowing individuals to garner a real sense of diversity. At the Haut-Lac Conference in early October, the majority of the Surval students were on the UN Women's Council and the first topic on the agenda was reproductive rights in the 21st century. Each delegate had to stand and deliver an opening speech, explaining their country's position on the matter.



From Surval, Soledad (Grade 9, Mexico), Mayela (Swiss Gap, Indonesia) and Sophie (Grade 12, Austria), were representing Sweden, the Republic of Ireland and Japan. Mr Smale praised the girls for being "incredible – articulate, intelligent, well-researched".

The closing ceremony on the final day brought reminders about the power of countries working peacefully together. To top it all off, Soledad (whose first MUN Conference this was, and who had resolutely represented the views of Sweden) walked away with the award for Best Delegate, no mean feat in a room full of experienced MUNers.



Soledad says of the highlights of MUN and the impact it has on her as a person:

"The impact the Conference had on me was learning to think on my feet. I love to participate in debates and different discussions like these so this really helped me practise. When you only have two minutes to do an important speech supporting your cause, you have to consider every question they may ask and then turn it around to help your argument. Doing research, being in-depth and precise was challenging, but incredibly fun. The most obvious value MUN has is helping us to learn about current events and world issues. It helps you stay on top of recent problems and situations. With this comes teamwork, creative problem solving and thinking on your feet. These are very important for everyday life. Without these skills it would be hard to find a good job and do it properly. It helps you put more effort in and actually try. MUN also builds up your confidence. Public speaking makes you go out of your comfort zone and try new things."

Following the second Conference, Mr Smale reflected:

"MUN teaches us a huge amount about the world, about other people and about ourselves and I cannot recommend the club highly enough. I was, once again, incredibly proud to see all of the girls in action at Le Rosey. Their confidence in debate and discussion has continued to grow after the success of the first Conference and their preparation, which is absolutely critical as an MUNer, has taken a huge leap forward. What I loved most, however, was the buzz, enthusiasm and passion they clearly had for the topics. These girls are growing in stature and are showing themselves that they are able to influence thoughts and opinions about significant world events. They are showing that the leaders of tomorrow are standing in conference rooms around the world, taking an interest, showing the world that they have a voice and that they care enough to use it."



The fashion industry is the second largest polluter in the world, with one of the most damaging impacts on our environment. In the historic city Luoyang, Henan (Northern China), the Jian River runs across the city surrounded by busy streets. This flowing clear blue river suddenly turned into an opaque, blood-red colour overnight. The city was terrified and had no idea what could have caused this. The government finally took matters into their own hands and found the source of the problem. It turned out to be a red clothing dye from an illegal clothing workshop. Not only was the river turned red, but the life within it – fish and plants – were damaged or even killed.

You might be wondering - why does this matter? The answer is that this issue is of unprecedented importance. It concerns me deeply to see how the fashion industry is carelessly destroying our environment. They cut down trees, waste water, use unnecessary plastic for wrapping, spill dye into rivers, and micro-plastics into our seas and oceans... which fish later eat and then we eat the fish. We are literally consuming plastic!

The fashion industry is a problem that strongly affects our environment, and therefore deeply affects us as well. This issue is something we all contribute to in ways we don't even realise! Even though most of us love being fashionable, we need to consider being fashionable in a more considerate way – a sustainable way. Sustainable fashion can be reached by many simple solutions that we can all do – and you can find them in this magazine.

Sustainability Magazine Project

Foundation Year are currently working on a Magazine Project in their English classes, choosing a topic related to sustainability and learning how to undertake research and write different types of articles. Vivi (Mexico), is basing her magazine on Sustainable Fashion: here is her opening "Letter from the Editor", in which she reflects on why she has chosen this issue and what her readers will discover...

You will learn how to dispose of unwanted clothes properly, which make-up brands don't test on animals, and many other ways to be a more sustainable, ethical shopper.

So why did I choose to base my magazine on this topic? I was attracted to this due to it being a problem I personally contribute to every day. Every day, I wear clothes and put make-up on and, up till now, I haven't ever thought about how the make-up was tested or what process my favourite T-shirt went through to be produced. But, when I started reading about how the fashion industry is the second biggest polluter in the world, and watching videos of innocent animals suffering as cosmetics are tested on them, I got engaged. I still want to be stylish, so I wondered: how can I be stylish in a responsible and sustainable way? This is why I decided to write this magazine – to inform myself and then share with you the ways that we can protect our planet.

After all, our planet is the most precious thing there is. It is our home and we can all be part of making our home a healthy place to live. If being fashionable is important to us at the same time, we should be willing to do it in a responsible and sustainable way. So keep reading to discover the examples that you can follow to achieve this goal – such as using cosmetics that avoid animal testing, wearing clothes that don't harm the environment, and disposing of clothes sustainably. Together, WE can help heal the world!



In January, students from Surval's Model United Nations Club and Sustainability Society will attend the Youth Forum Switzerland (YFS) at the International School of Zug and Luzern.

The YFS was established by a group of globally engaged international students following their attendance of the World Economic Forum in Davos in January 2017 (which Surval students will also be attending for this first time in January 2020). Being given the opportunity to sit in during the Open Forum debates and ask questions was **"transformative"** for these students, ultimately inspiring them to organise an event in the same spirit, with the aim of **"giving youth a voice in global issues in Central Switzerland"**.

For the first time, attending students for 2020 were invited to apply for the opportunity to deliver a TED (Technology, Entertainment, Design) Talk relating to the theme 'Our Future Now'. We are really proud that three of our students – Rosalie (Grade 10, France), Liza (Grade 12, Russia) and Nastya (Grade 12, Russia) – have been accepted to deliver talks at the Forum, speaking respectively on

"The future of professional sport in a sustainable world"

"Starting our school garden showed how sustainability unites us"

"How business can lead us into a sustainable future"

Here you can read Nastya's inspirational letter of application, and we look forward to sharing their speeches themselves in due course.

TED Talks at the Youth Forum Switzerland, January 2020

Dear Sir or Madam

A couple of weeks ago one of our teachers, Miss MacLeod, offered us the chance to attend the YFS Forum and I thought that this was such an amazing opportunity that I should not miss it. I was not planning on doing a talk at first because it seemed very responsible and I thought I was not ready for it. However, in a few days I realised that this is the moment that I can be our planet's voice and also challenge myself to open up to people around me and show them that what we think matters, what we say matters, what we do every single day matters and most importantly every person in this world matters!

What action we take today can result in a brighter future tomorrow. I believe that every one of us can change our lives and we can even change somebody else's life.

I hope to use my voice to change someone's perspective of life and our future in just seven minutes. I know that people can change and we are way more powerful that we think we are, so if we dare to do something and put our mind into it, there is no way we would not be able to achieve it; and this is the key to success.

We are in charge of our future and if we can't do it, no one else can do it for us. Our planet is the fundamental thing in every person's life and if we end up destroying it, it means that everything else will be destroyed. Therefore, it is vital to make a change today.

I really hope to "be the change that I want to see in this world". Thus, I would like to talk about my journey so far and my plans for the near future. The topic of my talk would be "From Zero to Eco", which summarises everything that I am hoping to talk about: how business can lead us into a sustainable future by going from polluting (zero positive effect on the planet) to being eco-friendly; and relate it to myself and tell my story from coming to Surval and learning more about sustainability to applying to university to study business and planning on creating my own sustainable one in the future which will be aimed at helping people who are in need. I hope to get my audience to think about the power of business to improve the world, empowering the audience with a sense of their own capacity to create ideas and innovations that will lead to a greener, healthier, happier world of peace and equality.

Survall Travel

The Swiss Tour 2019

In September, we set off on our Swiss Tour, travelling by coach to discover the delights of Italian-speaking Lugano and German-speaking Lucerne. Soledad (Grade 9, Mexico) shares some of her memories of the trip.



We began our Swiss Tour by journeying up the Nufenen Pass, the highest domestic pass in Switzerland. Every turn brought seas of blue mountains and eye-catching colours. At the top, we had a quick stop on the high peak. The view made us feel like we belonged in a postcard. Every gleam of snow shone brighter than the last. Every cloud felt a reachable distance away. Arriving in Lugano, we found the city as beautiful as it is old. It was inhabited in the Stone Age and remains one of the many gems of Switzerland. My friends and I gave ourselves a sightseeing tour. With every turn of our heads came a new eye-catching scene. The lake was a colourful mirror reflecting the multi-coloured sunset. In the evening, everyone met and we had the most delicious, mouth-watering, steamy pizza in an Italian restaurant in the same square as our hotel. Tasting authentic Italian pizza definitely brought up my expectations for fast-food pizzas!

The next day, we took the funicular to the top of the picturesque Monte San Salvatore. Beautiful cloudless skies provided an excellent day for 360 degree views over the city. After some shopping, we met back up as a group and had the opportunity to make pasta. The chef at Pasta e Pesto was incredibly helpful and patient. As someone who can barely make tea, I was surprised at how much I learned. A few measuring cups later, we were able to taste the handmade pasta. There is only one word to describe it: *delizioso*!

Day three of the Swiss Tour was jam-packed: we travelled to Lucerne where, after exploring the city, we then took two gondolas to the peak of Mount Pilatus. Each lift brought a new elevation with even better sights. The uninterrupted view was breathtaking - gleaming, shining mountains meeting the clear blue horizon.

On Sunday, our final day, we had our last lunch as a group beside the River Reuss, which flows through Lucerne. Every crash of the waves was music to our ears. One of the most exciting parts of the trip was the lake cruise after lunch. We got to see the shining city from a whole new perspective. The mountains above the lake were majestic and the bright blue water mirrored the clear-as-glass sky.



As Switzerland will be my home for the next year, it felt amazing to discover a little more of it. It is incredible to see what Switzerland has to offer. This trip has been an unforgettable experience.

Read [The Tour of Switzerland](#) in full on our Student Blog

Andiamo in Italia!

In October, an excited group set off for Italy by coach, exploring the wonders, sights and sounds on a two-week adventure. The trip itself had been proposed and planned last year by students in the Sustainability Society as part of an effort to reduce our school's carbon footprint by taking fewer trips involving flying. In light of the recent devastating floods in Venice, one of the cities visited on the tour, doing what we can to protect our planet has never been so important.

Following are some extracts from Soledad's (Grade 9, Mexico) "Impressions of Italy".

Juliet's Balcony, Verona

The gothic architecture of the house itself was eye-catching. All the love notes at the entrance provided a romantic and cheerful ambience to the courtyard. The sun gracefully hit the statue of Juliet, a magnet for tourists all around the world.

Parts of the statue have been turned into a different hue, a chemical reaction from the combination of tourist hands and the bronze in the statue. The balcony brought the images of the play in my head to real life and I absolutely loved it.



Venice & The Gondola Ride

Shimmering turquoise water. The sound of waves lapping against faded colourful buildings. A gondolier's singing mingling with the noise of seagulls.

The girls quiet as they gazed around them. The sun resting against cotton candy clouds. Sweet bell sounds chiming through. Cold gelato refreshing us.

Pompeii

These ancient ruins have been preserved to let humans learn about an earlier civilisation. We got to see old buildings and, from this, gain some insight into how people lived their lives back then. There were houses with dining rooms, bedrooms and different market shops. It is very clear to see how the Romans inspired our current time.

The people frozen in time shocked me. You can see how the people were positioned and what they were doing just as the volcano struck. It is devastating seeing this destruction, but I believe they made an incredible memorial out of such a tragedy.

Pizza-Making (and eating!) in Roma

We arrived at the restaurant after a compelling tour of the Vatican. First, we separated all the ingredients. We then mixed and moulded the dough. Second, we glided the tomato sauce across the dough. Third, we added our toppings of choice all across the pizza.

Finally, we ate – who knew that amateur chefs could make delicious pizza!

Read [Impressions of Italy](#) in full on our Student Blog

Pure Prague

In November, we travelled to Prague for a long weekend discovering this historic European city. Roby (FY, Mexico) recalls her highlights from the trip.

We had many different experiences on our trip to Prague; we saw some beautiful sites, learned some interesting facts, and had lots of fun! I am going to share with you some of my personal favourite moments from this long weekend in the Czech capital.



One of the most famous places in Prague is the Old Town Square, a big cobbled square lined with beautiful old buildings, including the huge church, the Church of Our Lady before Týn. We took an open-carriage horse ride from here, discovering more of the Old Town. Exploring Prague with friends throughout the weekend was so much fun - we shopped and ate "trdelník", a traditional Czech sweet, which is like a waffle pancake in a spiral shape - yum! Of course, we had to make sure that we went to the famous John Lennon Wall to take some photographs - this is a wall covered in colourful graffiti, including a big spray-paint portrait of John Lennon himself, and with messages of love and peace written all over the wall in many different languages. It was lovely to see people from all over the world writing about living in peace.

One of my highlights was visiting the Klementinum Library, which is a stunning Baroque-style building (Baroque architecture is a highly decorative and theatrical style which appeared in Italy in the early 17th century and gradually spread across Europe). The main room of the library has a very high ceiling, covered in a beautiful fresco, and the shelves are filled with old leather-bound books. In the centre of the room was an antique globe and some statues. A literal high point was when we climbed up some very steep, scary wooden steps to get to the roof - on the way back down these steps, some of the girls even went down sitting because of how steep they were! From the roof, we could see all of Prague's colourful buildings and burnt-orange roofs - it was a great spot for a photo-shoot with all our friends!

Some other unforgettable moments were the Jazz Boat Cruise along the River Vltava (including apple juice shots!), a cookery course, where we learned how to make some traditional Czech food, and a fire-breathing show at the medieval "U Brabant" tavern.

All in all, it was a fun and interesting long weekend exploring Prague and discovering its beautiful and fascinating culture!

Read [Prague Highlights](#) in full on our [Student Blog](#)



I loved walking on Charles Bridge, a pedestrian cobbled bridge lined with statues, with my friends - it was sunny and cold, and the sunlight lit up the gold detail of a striking statue of Jesus on the crucifix. We learned from our Student Handbook (thanks, Dagmar!) that King Charles the IV built the bridge in 1357 and they actually used eggs in its construction - apparently, eggs are strong building material! The river Vltava flows under the bridge - it is a wide river, and the buildings and trees along the river were reflected on the water.

Survall Summer Camp 2020

Survall Summer Camp 2020 promises an action-packed Swiss summer adventure for girls aged 8-16, blending language learning with exploration and discovery.



New for this year, we have tailored two separate programmes: Junior Campers (ages 8-11) and Senior Campers (12-16), all housed at our Surval Montreux campus, with the benefits of Lac Lemman below and the mountains around us.

Junior Campers follow a fully-supervised group programme, and Senior Campers may tailor-make their own holiday, choosing from a vast array of activities and excursions, giving them greater independence.



"In three weeks, I made the closest of friends, had the best summer ever... The tans will fade, but the memories last forever"



Junior Campers have lessons in their chosen language (English or French) three days a week, whilst Senior Campers' classes take place every weekday morning. All core skills are covered in these lessons. Beyond the classroom, English is our main language within the Camp and French is spoken by the local community guaranteeing the 'learning' never stops!

In the mix of popular activities are watersports, tennis, cycling, horseriding, rafting and canyoning, jewellery making, T-shirt drawing, style workshops, make up and our famous Savoir-vivre. Excursions include Bern, Geneva, Lausanne, Lucerne, forest and aqua parks, with international travel to Annecy in France and the optional overnight trips to Gardaland and Legoland Water Park in Italy and Europa Park, Germany.

In shared bedrooms of 3-4 girls, each with ensuite shower rooms and balconies overlooking our surrounds, Camp life is comfortable, sociable and fun.

Survall Summer Camp is made up of girls from around the world. Lifelong friendships are forged, fun and adventure are shared, exciting challenges met and conquered. It really is an unforgettable Swiss Summer Experience.



Survall Sampler

Survall Summer Camp is perfect for girls who would like to try out Survall as their home away from home, getting a taste of boarding and living in (French-speaking) Switzerland, before committing to academic year study. Current Surval student Ana Paula (Grade 9, Mexico) first came to Surval for our Summer Camp in 2018, returning this year for a full academic year. She says

"The best thing about Surval Summer Camp was the friends you make for your whole life and all the things you learn about people from all over the world. I would recommend Surval Summer Camp to anyone who wants to have a fantastic summer with many activities and make lots of friends. I love Surval Summer Camp because I learned a lot of English and I had a lot of fun with all the girls. It was a great experience."

Survaliennes

This term has seen a number of Survaliennes visiting Surval, each with fascinating, fun and funny stories and many happy memories. By coincidence, we had two visits in the same month from former students who had both lived in room 203! Recent news and past reflections from Survaliennes are always welcomed, we love celebrating your today and commemorating our history on a trip down Memory Lane!

Guadalupe Moreno
(1994, Mexico)

Guadalupe travelled from Mexico and brought her husband to see us. Guadalupe (or Lupita as she was called at Surval) kindly gifted us the most beautiful doll in traditional dress. Guadalupe was surprised how much things have changed; she remembered the napkin shelves just outside the Dining Room door. Each girl used to have one napkin a week and they had to keep it clean. The first day Guadalupe and her friends did not realise this and, with bolognese sauce that day, it did not stay clean for long.



Joanne Sampogna
(Surval Summer Camp
1970-73, USA)

Joanne first came to Surval when she was only ten years old. She came for three consecutive Summer Camps when Surval was still in Clarens. At that time Summer Camps were two months long and she remembers them as some of the best summers of her life. Joanne remembers the freedom she felt when she and her friends were allowed to go to Montreux by themselves. Joanne was pleased to see languages still being taught in the mornings and lots of fun activities in the afternoons.

Alma Flores
(2004, Mexico)

Alma and her mother came to visit after the recommendations of our two Survaliennes Bambina Montano de Vargas (1991, Mexico) and Erica Franco (2003, Mexico). Alma immediately recognised our Housemother Anne Christen who worked at Surval when Alma was here.

Alma commented that it is

"Amazing to see the new innovations, so beautiful to be back!"



Eriko Kitagaki Atita
(1989, Japan)

Eriko returned to Surval on her travels from Japan, celebrating her 30th anniversary since graduating from here. Eriko last visited 17 years ago with her three-year-old daughter when she was attending a fellow Survalienne's wedding. She often flies to Zurich to meet up with Survalienne friends. Eriko also participated in our Tokyo reunion this December.



Rebeca De Villiers
(1985, Mexico)

Rebeca came to visit with her daughter Monica. She has taken on the role of Survalienne Ambassador for San Francisco where she now lives. Rebeca is doing a brilliant job helping to bring our Survalienne community together.

Facebook

From our Facebook Alumnae, a big thank you to those who have found the time to share your stories with us.

Bernice Poetiray
(1982, Indonesia)

"For me, it was the ski lessons (3 weeks) in Zermatt. I come from Indonesia, very tropical and I was pretty scared that I had to take those lessons but Mr & Mrs Sidler made me do it and I made it! At the end of those 3 weeks, I went down the hill perfectly in the evening with all my school mates. It was one of the most beautiful nights in my life, going down the hill with all that snow and lights around me. Really unforgettable and I treasure that and thank the Sidlers for making me not to give up on my ski lessons"

Bettina Buffa
(1983, Sweden)

"The best thing for me is all the great friends that I have met and today I have found some of them here on Facebook and during all my travels meet them up!"



Pic: "Monica Adriana Sadi-Sardi and me having fun!"

Surval Reunions

There have been three Survalienne reunions (that we know about!) since our last News. In Mexico, Monica Urdaneta (1985) organised an event in Mexico City in August and Lisa Diaz de Meriggio (1990) arranged a get-together in El Salvador in October. Our Survalienne Ambassador in Japan, Masako Tarumi-Hoshino (1977) orchestrated a reunion in Tokyo to coincide with Mrs Woodhouse's visit there in December (more details of which will follow in our next Surval News).



Mexico City, August 2019

(from left to right) Maria Martinez, Adriana, Rosa Angela Pasquel, Roxana and her son, Monica Urdaneta, Monica's cousin, Estela and Susana. The ones sitting in the front from left to right, Arlette Pacheco, Linda Riestra, Alejandra Pitashny.



El Salvador, October 2019

Class of 1990 (from left to right) Paula Ortiz Mena, Lisa Diaz De Meriggio, Teresa Ricaño

The Festive Season at Surval

As November draws to a close, the bright lights of the famous Montreux Christmas Market start to twinkle along the shore of Lac Léman; its neon Ferris Wheel appears on the skyline (the same skyline that Santa and his reindeer whizz across once every hour during the Market...); and, looking down on the town from the heights of Surval, we know that the festive season is once again upon us.

For our girls, this means ice-skating and snowball fights in the wintry wonderland of Les Paccots; wandering the wooden stalls of the Christmas Market drinking hot chocolate and browsing beautiful trinkets; decorating the Surval Christmas Trees and placing Secret Santa gifts beneath; and, of course, our traditional Feast of St Nicholas, a Gala Dinner for the Surval family, in a stunning setting created by our Swiss Gap students as part of their studies in Events Management.

We hope this festive photo montage goes a little way towards capturing the magic of Christmastime Surval style.







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