



Queen Elizabeth's Girls' School

Educating Women of the Future

29 March 2018

Dear Parents and Carers

The Spring term is always the shortest, which in a number of ways makes it quite an intense term, packed with study, educational visits, trips abroad and examination and assessment preparation. You will have seen your daughters possibly involved in the school production, National Drama competition, Iceland Trip, Ski Trip, London Zoo visit, Art gallery visits, Global and Local Dance competitions, Athletics competitions, Netball Tournaments, Football and Rugby, Tennis tasters, the Young Scientist and Young Engineers competitions, Speak Out, Mock Trials competition, Duke of Edinburgh Award, UK Maths Challenge, Cadets, LAMDA, Journalism Club, and musical events. These are just some examples of what has been keeping everyone active outside the classroom. These activities are important as adjuncts to academic learning that support the students' personal development. Whenever our students are busy, our staff are busy too. I know you appreciate the hard work of the staff that supports the students to broaden their curriculum experience outside of the classroom in a variety of diverse ways.

I mentioned musical events above and would like to take the opportunity to talk a little about the Musical Showcase we enjoyed in school last night. Mr Miller had organised with Mr Verma, a programme of entertainment that enabled involvement of students across the whole school. The showcase included classical, folk and popular items, original composition, style fusions, examination pieces and of course plenty of opportunity to experience being on stage and facing an audience; quite a courageous step. The staging and flow of items on the programme was creative and seamless and everyone involved is to be congratulated. If you were unable to join us, please do come along next time; an opportunity not to be missed!

We have started to train a number of staff, including myself, in Mindfulness, as part of the University of Oxford Myriad (My Resilience in Adolescence) Project. This is a two year national research project. Next term some of these staff will attend a residential course to teach Mindfulness to certain classes in KS3. Beyond the project we will be able to involve all of our students in this learning, to support their current and future wellbeing. I am including a flyer from the Project Team so you have an awareness of the purpose and reach of the Mindfulness programme.

I am very pleased that our latest edition of QE Girl is hot off the press and will be available on the school Website today. You should receive information on where to access the edition, via our usual school messaging system. It is filled with news of events, items of interest to the girls and lots of photographs that give a flavour of the last half term.

I would like to wish you and your families a restful and enjoyable Spring break during which time I know many of us will celebrate Easter or Passover. We look forward to seeing all of our students, safely returned to school at the usual time on Monday 16th April.

Yours faithfully

Violet Walker
Headteacher



Welcome

**Professor Willem Kuyken, MYRIAD
Principal Investigator**



Welcome to
the inaugural
newsletter
for the
schools in the
My Resilience
in

Adolescence (MYRIAD) project,
funded by the Wellcome Trust.

We are hoping to answer the
question, “can we enhance the
mental health and well-being of
young people in a crucial period of
their lives, early adolescence?” We
chose the name for our project
because myriad means a large
number and our project involves
thousands of young people across
the UK, hundreds of school teachers
and a large team of researchers.
Asking, and answering an important
scientific question is only possible
through this widespread support -
we could not do it without you.

The MYRIAD project is based on the
knowledge that adolescence is a
vulnerable time for the onset of
mental illness: 75% of mental
disorders begin before the age of 24,
and half by age 15. By aiming to
promote good mental health and
intervening early, we may be able to
help prevent mental illness from
developing and mitigate its effects
when it does.

**Read more about Willem’s work in
this interview:**

[www.tes.com/news/school-
news/breaking-views/tes-talks-
willem-kuyken](http://www.tes.com/news/school-news/breaking-views/tes-talks-willem-kuyken)

What Happens Next?

**Dr Catherine Crane, Project
Manager**



We have
recently come
to the end of
a very busy
period in the
research, after

having visited your pupils, and we
would like to say a huge thank you
to all the MYRIAD Research Leads,
class teachers, pupils and all other
members of staff who have
answered questionnaires, organised
classes and made this research
possible. We are looking forward to
supporting your school on its
journey through the rest of the
project. The next steps are:

- We will **visit your school again later this year**
- Around the same time as the visit, **participating teachers will complete their own questionnaires online**
- **Some teachers will also be completing questionnaires about the pupils**



Inspiring an Interest in Research and Science

Elizabeth Nuthall, Trial Manager



We want to
inspire the
researchers of
the future when
we come into
your school.
There are
various

activities we can offer your school
and students over the coming few
terms, including:

- **Giving an assembly or class on designing a good research project**, critically engaging with research, writing hypotheses and research ethics
- **Speaking to students about life as a researcher**, and the different pathways members of our team have followed before working on MYRIAD today. There are career opportunities in research at all levels, from entry level jobs for school leavers, to those taking up a research career following completion of higher level academic qualifications. This could take different formats from assemblies to small group discussions.

**Please get in touch with us if you
are interested in any of these
opportunities!**

MYRIAD

My resilience in adolescence

MYRIAD and our links with your school

Liz Lord, Schools Liaison Lead



We are committed to fostering close working relationships with all of

our MYRIAD schools. We want to raise the aspirations of your pupils and staff by our involvement with you. Each MYRIAD school has a dedicated Research Assistant in Oxford to discuss the possibilities for your school with you. We have put together some possible activities that we have been sharing with you.

We would be happy to come to speak to parents or governors about the project if there is interest within the school.

Celebrate your involvement in the MYRIAD project

Every school taking part in the project will receive a **MYRIAD certificate of participation** and we can also provide other materials:

- A MYRIAD project banner for your foyer or railings
- An article in your school newsletter to celebrate our links and give an overview of the research
- MYRIAD logo and wording for your website about the project and our joint links

Any Questions?

If you or staff, pupils, parents or other members of your school community have any questions about the project please get in touch with the MYRIAD team at myriad@psych.ox.ac.uk.



MYRIAD
Research Visits in
Numbers

All 4 Countries of the UK	85 Schools	Over 26,000 11-14 year olds
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Over 600 Teachers have
signed up to be a part of
our study

Over 1000 individual
classes were seen during
our visits

25 different MYRIAD
researchers enjoyed
meeting you and your
pupils

Thank You!
Our project would not be
possible if it were not for
you and your ongoing
support. For this, we
sincerely thank you!

Wellcome Trust Public Engagement Funding

We are delighted to have been awarded some additional funding from the Wellcome Trust to run a series of public engagement events with our study schools. We will be planning this programme of work over the next year and will get in touch in the future to tell you more about the activities and opportunities that may be open to your school.

Links with the University of Oxford

The MYRIAD project is led by researchers at the University of Oxford.

The University of Oxford has developed a programme of 'link colleges' to simplify communication between UK schools and the University. Every school in the country is linked with an Oxford College. Find out more here: www.ox.ac.uk/admissions/undergraduate/applying-to-oxford/teachers/link-colleges

The Teachers' Newsletter is a regular update of key news and events about applying to the University of Oxford. You can sign up here: www.ox.ac.uk/admissions/undergraduate/applying-to-oxford/teachers/teachers-e-newsletter-0?wssl=1

If there is anything you would like to hear about in future newsletters, please let us know.

MYRIAD
My resilience in adolescence