My sister Glenda (Morais) and I started at Coloma Convent, Croydon in September 1955. We had recently arrived from Burma and were getting to know a very different environment. On our first day at school we were surrounded by groups of curious girls, staring and talking about us - this was London in the 1950s when foreigners were still a curiosity.

This experience could have been alarming but Mother Mary Cuthbert was soon at our side and Mother Mary Clement continued to offer quiet but kindly support during our early days. The kindness of the nuns has remained with me to this day.

Avis Aitchison (née Morais)