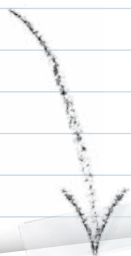


# Boarding at Sedbergh Junior School - A Pupils Guide

Volleyball in  
Cressbrook garden



Sedbergh  
Junior  
School



Written and produced by the boarders of SJS

# Introduction

Lots of children board. Some are boarders because their parents live too far away or they work long hours. Some board simply because it is so much fun and your parents want you to have the opportunity to experience all that SJS has to offer.

Go-Karting  
at Carlisle

Everyone wants you to enjoy boarding at SJS, so if you are worried about something, make sure you share it with others. We have a Head and Deputy Head of each house, Heads of School and buddies (children who will be responsible for looking after you when you first arrive) but also lots of grown ups to speak to.

We hope this booklet will help you to get a good idea of what boarding life is like, but if you want to know more ask your parents or ask us! We can be contacted through school and will be happy to chat to you or email you.



Pony Trekking  
in the Howgills



# The Awesome Life of Marshall House and Cressbrook House

## Bedrooms

Sleeping in a room with others might feel strange at first but as you will find, it is so much fun. You will have your own space and you bring your own covers. You are in charge of changing your bed each week but just ask for help if you need a hand. Each morning you make your own bed and tidy your area and put any dirty clothes into the wash buckets for your housekeeper to wash.

Chemistry  
lesson

## Clothes

Please ask someone to name all of your clothes so that they do not get mixed up with other peoples clothes. Make sure you look smart for school and don't forget to brush your hair and clean your shoes (weekly should be ok!). Boys shirts must have the top button done up and girls – make sure your skirt is not too short!

We wear home clothes when we get back from school and on Saturday evenings and Sundays.



Crossing the  
River Rawthey

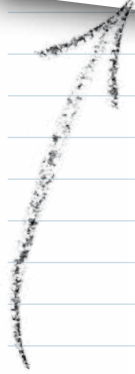


### Security

All the entrances have codes to get in and to keep us safe. You will be told the code once you arrive. You can bring a medium sized padlock for your locker, which is found in your wardrobe or under your bed.

### Personal Belongings

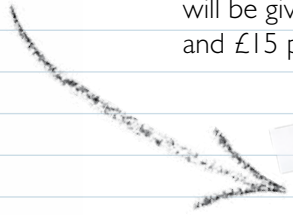
It is nice to bring a few items from home to make your area homely, family pictures, posters, cushions and teddies. Games consoles are not allowed at school and games are not to be played on your ipods. You are allowed to have a mobile phone and these are given to you once you return from school, and it will be collected when you get ready for bed. You can use the house phone if you need to.



### Home from home

### Pocket Money

There is a house 'bank' so you can hand in your pocket money at the start of each term and sign some out when you need it. This is used for trips, tuck, stamps and chapel. Pocket money will be given to your Housemaster/mistress for safekeeping and £15 per term should be OK.



## House Forums

This gives us an opportunity for us to talk to our Houseparents as a group and discuss any boarding matters. It give us a chance to express our opinions to make sure that we are all happy in the house. There is also a food committee, a school committee and a charities committee that you could get involved in.

Camping at  
Lake Windermere

## Food and Drink

School food is actually really good and there are always options if you are allergic to certain foods. Fresh fruit is available all the time and we have toast and milk for supper each night with our Housemaster/mistress. You can bring tuck to school and this will be looked after by your Housemaster/mistress. Tuck is allowed one night in the week and one night at the weekend.



Caving in the  
Yorkshire Dales





## Activities

### Evening Activities

These take place once you have returned to the boarding house after school and are run by one of the teachers. You don't have to do the activity if you would rather chill out in your bedroom or in the common room, although we would suggest that it is always good to get involved in activities, especially in the beginning. These include

**Swimming, Fives, Cooking, River Bathing, Arts and Crafts, Board Games, Quizzes, Sports Hall, Dinner Debates, Sewing, Fell Walking**

### Weekend Activities

On Sundays the full boarders get to do lots of really exciting activities. These have included:

Barbeques, Camouflage and Concealment Camping, Canoeing, Chemistry Chaos, Chess, Clay Pigeon Shooting, Cookery, Cricket Nets, Cross Stitch, Fell Walking, Football, Film, Fly Fishing, Fives, Golf lessons, Ghyll Scrambling, Guest Speakers, Hockey, House Newsletter, Literature, Map Reading, Mountain Biking, Nature Club, Ornithology, Paintballing, Pepperpot Game, Riding, Sailing, School Library, Shooting, Snowboarding, Sledging, Swimming, Tennis Coaching, Ten-Pin Bowling and Volleyball!

Sailing at Killington

## Feeling unwell?

If you feel unwell or get injured or hurt, you should inform your Housemaster/mistress, Matron or a member of staff so that they can help you. It may be that you need to see the School Doctor or the School Nurse who will be able to ensure you are looked after. Either the Housemaster, Housemistress or School Matron will let your parents know if you are ill or injured.

## Bullying

- We **DO NOT** tolerate Bullying at SJS and you will be given an anti-bullying booklet that will let you know more about our policy. We all look out for each other and will not tolerate unkindness of any sort.
- If someone is being unkind – **DON'T PUT UP WITH IT!** Speak to someone about it. This could be your parents, best friend or a teacher, Housemaster, Housemistress, Matron, GAP assistant or the Headmaster.

They will always be ready to listen.

## Where do I put my things?

- **Sports kit** Sports Bag in your Room
- **School Uniform** Hung up in your wardrobe
- **Home Clothes** Hung up in your wardrobe
- **Slippers** Wardrobe
- **Shoes** Wardrobe
- **Books** Locker in the classroom block or in your schoolbag
- **Sweets/tuck** Tuck Box

## What do I do if I lose something?

- Have a good look around the place where it should be.
- Retrace your steps.
- After you have had a really good search, report it to a member of staff.
- Remember that most things that go missing in the House have in fact been put down in the wrong place! If items are named they will find their way back to you!
- If you find something which you think somebody else may have lost, return it to him or her immediately. If it is not named, hand it to a member of staff.

## What should I do if I have a problem?

- There are a number of different ways in which you can sort out a problem. The worst thing you can do is bottle it up inside and not tell anyone about it.
- If you have a problem, talk to someone you trust about it, whether it be your parents, best friend, or a member of staff such as the Headmaster, your Housemaster/mistress, Matron or a GAP year assistant. It doesn't matter who it is; what matters is that you talk to someone.
- If you don't want to talk to someone at school, there are other people that you can talk to. They are:

- 
1. Childline - **0800 1111**
  2. Independent listener  
Canon Robert Western -  
**015396 21426**
  3. Chaplain  
Rev Sweeting - **07736672016**
  4. Child Protection Office  
Mr Hattam - **07894584959**

## Homesickness

Some people will miss home at some stage (it is normal!) during their time at boarding school, although you will be kept so busy that you probably will not have time to think about it! The reasons for feeling like this are different for everyone. Talk to your friends or your Housemaster/mistress to let them know how you are feeling. We are all here to help you feel settled in Marshall and Cressbrook.

Out on the  
Howgill Fells



The Mikado

## Daily Routine

- 7.00am Get up
- 7.15 – 7.30am Breakfast
- 7.40am Teeth & Tidy
- 7.50am Music practice  
(if you play an instrument)
- 8:25am Leave Boarding House for school
- 8.30am Registration with Form Tutors

- Lessons

- 4.55pm Assemble in Baugh classroom for Roll Call and then walk over for tea
- 5:15pm Tea in Queens Hall
- 6:00pm Prep in classrooms
- 6.50pm Children return to houses
- 7:10pm House activity starts
- 7:50pm Bedtime routine starts

SJS at  
Edinburgh  
Castle



*continued...*

# Daily Routine

|        | Yr 4, 5 & 6   | Yr 7   | Yr 8   |
|--------|---|--|--|
| 7.50pm | Shower, laundry and prepare for next day. Mobile phone issued when ready for bed. |  |  |
| 8.10pm | Mobile phones collected and quiet reading commences.                              |  |  |
| 8.30pm | Lights Out  |  | Prep ends. Shower, laundry and prepare for next day. Mobile phone issued once ready for bed. |
| 8.50pm |   | Mobile phones collected and quiet reading commences. |  |
| 9.10pm |   | Lights Out   | Mobile phones collected and quiet reading commences.   |
| 9.30pm |   |  | Lights Out   |



We hope that this guide helps you, whether you are an experienced boarder, in your first term in the House or indeed considering joining us. Boarding is so much fun and will help to prepare you for your future. You will have the opportunity to develop your skills and learn how to be independent. You will make so many friends in the House and have the chance to try new things. The staff are around to help you whenever you need it so always speak to them or to us if ever you need to.

We can't wait to welcome you to our community.

