



SEDBERGH
SCHOOL

FOUNDED 1525

A short guide to help new
international pupils feel at home
here

Produced by the English as an Additional Language (EAL) Department – you can find us in the rooms on the bridge between the Maths/Biology block and the Science block.

When you first arrive at Sedbergh School there will be a lot of new things for you to learn and experience. We want you to ‘settle in’ (feel comfortable) here as quickly as possible so that you can make the most of your time here.

Here are some ‘top tips’ from some of our international pupils:

‘Don’t be afraid to try new things; there are so many opportunities here, there is something for everybody!’

Jin, Y12 Hart House, from Japan

‘Don’t stay in your room on your own – talk to other pupils, play sports with them and be a smiling person!’

Quentin, Y12 School House, from France

‘Contribute to House events – get involved! Also, find a reliable Y12 or Y13 pupil you can chat with, they will really help you.’

Victor, Y13 from Hong Kong

‘It is a little bit difficult for everyone at first but keep going! In time things will get easier and soon you will love this place!’

Lena, Y11 Robertson House, from Germany

‘Get to know lots of people in your year group, not only the people who speak your language. Good friendships are very valuable.’

Leo, Y12 Powell House, from China

‘Your House is really important, make sure you are part of House life and support others in your House, and they will support you too.’

Gleb, Y12 Powell House, from Russia

‘If you are good at a sport try to get on the team, it is so much fun. Or try a new sport – you might love it!’

Laurenz, Y12 Evans House, from Germany

‘Don’t be scared of asking questions – everyone here would like to help you anytime.’

Kanako, Y13 Robertson House, from Japan

Here are some pieces of advice from teachers and tutors at Sedbergh School:

- Change the spell check on your laptop to British English to help you spell words correctly in English.
- Ask when you need help, in lessons or in house. There is always someone to talk to who can help you if you have a problem.
- Get to know your timetable as quickly as possible. Make sure you know the room, subject and teacher for each lesson. Always ask if you're not sure about something.
- If you find you have too much prep (homework) and you can't get it all done on time, tell your tutor or your teachers. Don't worry or stay up all night working – ask for help.
- Don't stay in your bedroom on your own all evening – go to your house common room or games room to speak to other pupils and make new friends.
- Try new activities! There are lots of exciting and interesting things to do here, See the activity and club guide for ideas about things you can do or be involved with.
- Don't spend too much time with pupils who speak the same language as you, spend lots of time with people of different nationalities and speak English as much as you can. This will help you to settle in very quickly and make new friends.
- Get plenty of sleep! Sedbergh School is a busy place with a lot going on. If you don't go to sleep on time you will be too tired to concentrate in lessons the next day.
- It's normal to miss your home and your parents at first but after a week or two you will feel great!

Here are some words you might hear being used a lot in school and in your boarding house. It will help you if you know what these words mean!

Arden	School theatre in the DT/art building. Sometimes known as JAT.
-------	--

Assembly	20 minutes when the whole school meets every morning in Powell Hall or Chapel. It usually starts at 8.10am and is a short talk by one of the teachers followed by a hymn (song) and prayer.
Banter	Funny, silly, joking behaviour between groups of friends. Be careful though, not everyone finds 'banter' funny. Always tell a teacher if you see/experience some banter that you don't like.
Book shop	A small shop on the bottom corridor in main school; you can buy pens, pencils, files and many other things you might need!
Brown (in various forms)	A name used for Sedbergh's rugby teams during a match. For example, shouting, 'Go on Brown!' Also a blazer awarded to the best rugby and cricket players in the school. The shop where you buy school uniform is also called 'Browns'.
Brunch	A meal on Sunday at 12.30pm after Chapel. It is a Full English Breakfast (bacon, sausages, eggs, beans, mushrooms, tomatoes, hash browns, black pudding).
Bursary	Building with red door near Queen's Hall where school financial offices are.
Chapel	Sedbergh School's own church building where the whole school goes at 10.15am on Sunday for a Christian service.
Common room	A room in the main teaching building where teachers go to work and have a shelf for papers and books. Also, each boarding house has a Common Room where pupils can go to meet each other, talk and relax in the evenings.
Congregational Practice	Singing practice in Chapel on Friday morning at 8.10am instead of assembly.
Corridor	Classroom doors open from a corridor and people walk along them to get to their classrooms.
Counter-bullying	Actions that pupils and teachers take to stop people being unkind to other people.
Detention	Some pupils get these for bad behaviour or if they don't work hard enough. Pupils must go to a particular room and work in silence.
Digi den	Place where computer technicians work. Pupils may need to go here if they have a problem with their laptop/phone/iPad.
Dorm	Short for dormitory, a bedroom for 3 or more pupils, usually in Years 9 or 10.
Duty	The teacher on duty is the teacher who is in your house on an evening.
Endorsement	If you do something wrong in house or lessons, you might be given a negative point. If you get 8 of these, you will have a detention.
Exeat	Sometimes, pupils can go home or to their guardians at weekends.
Fells (fell running)	Fells are the hills around Sedbergh. All pupils go running in the fells in the Lent term.
Form	Another word for the year group you are in: Year 9 is 3 rd Form, Year 10 is 4 th Form, Year 11 is 5 th Form and Year 12 & 13 are 6 th Form.
Games	Time period for sports every afternoon.
Green door	Sweet shop on the main street in the town (it has a green door!)
Home clothes	Not school uniform or sports kit. You can wear home clothes to socials and at some other times during the week.
iSAMS	The school's online information management system. Teachers use it a lot and you can check your timetable and other information using the app if you want to.
Kit	Sedbergh School sports clothes, each sport has a particular kit.
Lads	Another word for 'boys'.
Laundry	<ol style="list-style-type: none"> 1. Dirty clothes which need to be washed. 2. Also the place in your house where you put your dirty clothes which you want to be washed.

Study Periods (Libs)	Times where 6 th Formers (Years 12 and 13) do not have a lesson but do their own work in the library or the 6 th Form centre.
Locker	A small cupboard in your room which you can lock with a padlock, your important or precious things go in your locker.
Matron	Each house has a female member of staff who looks after the boys or girls, especially when they are ill, and helps with the running of the house.
Merit	These are awarded electronically for good work and effort.
Off ex	You are injured and unable to do some sport.
Pitch	Sports field.
Powell Hall	Large hall next to the main teaching building where assemblies are held.
Prefect	Pupils in the Upper Sixth (Year 13) who have been given responsibilities in the school. House prefects have responsibilities in the house.
Prep	Homework
Pudding	Any dessert – something sweet eaten after a meal.
Queen's Hall	A place where you go after matches to have tea and sometimes on Saturdays for socials.
Roll call	Everyone in the house goes to one room so the teacher on duty can check you are there - you must be in the house for roll call times. All meal times are also roll calls and you must go to them.
San	Medical Centre (near Spar, opposite the main school gates). Matron may send you here if you are ill.
School reg.	Sedbergh School games kit.
Shack	The wooden building near the top of school hill.
Social	Saturday night event. For example, a disco, BBQ, cinema visit, bowling.
Spar	A shop across the road from school where you can buy many things such as sweets, drinks, snacks and toiletries
Tea	The main evening meal. Usually at 5.45pm.
Timetable	The plan that shows you when you have your lessons, in which rooms and with which teachers.
Tuck shop	Opens after prep for you to buy sweets and drinks. In your house.
Tutor	A teacher who looks after the academic progress of a group of pupils in a house.
Up town	In the town of Sedbergh.
Winder	The nearest fell (hill) to the school. All new Year 9 pupils go up Winder on their first day. Winder is also the name of one of the boys' boarding houses.
Yard	Area next to each house for playing football/cricket. Yards are not covered in grass.

There will probably be lots of other new words that you won't understand at first – this is normal and you just need to ask someone to explain the word to you. There are some words we use at school that you might not find in a dictionary!

Useful websites to help you improve and practise your English

<http://www.bbc.co.uk/learningenglish/english/features/the-english-we-speak>

<https://learnenglishteens.britishcouncil.org/>

<http://learnenglish.britishcouncil.org/en>

<https://www.youtube.com/user/bbclearningenglish>

<http://www.cambridgeenglish.org/learning-english/>

<http://www.macmillandictionary.com/learn/real-world-english/>

<https://www.futurelearn.com/courses/categories/languages-and-cultures-courses>

<http://www.roadtogrammar.com/>

You should also try to read and watch films and video clips in English as often as you can. We have lots of books that you can borrow in the EAL Department and in the School Library.

The BBC News app is great too – you read a news story and watch a short video in English every day!

Key people in school who can help you if you have a problem:

Miss Bettney (CLB)	Head of EAL
--------------------	-------------

Mrs Christy (HJC)	EAL teacher & Robertson Housemistress
Mr Gunning (GUN)	Deputy Head Pastoral (boys)
Mrs Wright (LEW)	Deputy Head (girls) & Safeguarding Officer
Housemaster/mistress	The person in charge of your boarding house.
Matrons	Every house has a lady who makes the boarding house run smoothly.
Mrs Killgren (ALK)	Head of Y9
Mr Swainson (CJS)	Head of Y10
Mrs Macdonald (JMM)	Head of Y11
Miss Rowland (HLR)	Head of 6 th Form (Y12 & 13)
Mrs Prall (PFJP)	Person in charge of Counter-bullying

These are not the only people who can help you – all teachers will do their best to sort out any problems you have!

You can email teachers and other staff at the school if you need to (this is often a good way of communicating) and every pupil has their own school email address. You can email teachers by using the teacher's initials followed by: @sedberghschool.org

So, for example, Miss Bettney's email address is: clb@sedberghschool.org

We all want you to have a fantastic time at Sedbergh School – and we are sure that you will! Sedbergh School is a busy, interesting and exciting place to be. If you ever feel unsure or confused about something, it is very important that you tell someone so that we can help you to feel comfortable and happy.