



SEDBERGH  
SCHOOL  
FOUNDED 1525



# SEDBERGH SCHOOL

## PARENT HANDBOOK

2022 - 2023

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# MISSION STATEMENT

To nurture each Sedberghian so that they realise their full potential in a unique and rigorous environment of excellence; characterised by committed endeavour, moral purpose and integrity of contribution.

The School will:

- a) Identify and develop the potential of its pupils in a variety of areas: academic, artistic, cultural, sporting, personal, social and spiritual; secondly, help them to obtain the best possible qualification; thirdly, prepare them for the opportunities, responsibilities and experiences of life;
- b) Provide a welcoming, friendly and supportive environment which recognises the worth of each individual within the collective boarding atmosphere of the School;
- c) Provide a fulfilling working environment for its staff, both teaching and non-teaching, and encourage their development;
- d) Liaise closely with the parents of its pupils and encourage them to share in the life of the School and the House.

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School Policies & ISI Reports click [HERE](#)

## Dear Parents

Every one of us at Sedbergh is enormously proud of our School; what it stands for and all that our pupils achieve.

Our purpose is to ensure that Sedberghians have the skills and qualifications to compete with the best, the resilience to thrive under pressure and the attitude to capitalise on the opportunities that lie before them. These are the essential qualities which our children require as they face the challenges and opportunities of the future.

We know that our children will best flourish if they lead rich and varied lives to develop the fullest range of their talents to the optimum. Thus we are proud of the range of our curriculum, our sporting and musical heritage and the extraordinary breadth of our extra-curricular provision. Set on the boundary between the Yorkshire Dales and Lake District National Parks, there are few such inspirational places to live, work and learn.

We believe that our setting, our values and our commitment to full boarding make our School truly unique. Only in a true boarding community is it possible to find such a full and varied education where staff and pupils work together; 24 hours-a-day, seven days-a-week. Sedbergh is a forward-looking boarding School which provides the time and space to inspire interests and nurture friendships which will last a lifetime.

We delight in the diversity of our pupils who bring a richness of experience and enthusiasm to Sedbergh and challenge us to find a niche in which every individual may excel and be valued for all that they achieve in every sphere. The self confidence that this engenders enables pupils to capitalise on new situations and challenges. It also generates the humility to acknowledge the success of others, the compassion to support those who encounter difficulties and maturity so that our pupils take responsibility for themselves. Sedberghians may be confident, but never arrogant.

We expect our pupils to leave Sedbergh as complete young adults, secure in themselves, focused on a path for the future and with the confidence to make wise decisions that enhance their lives and the lives of those around them.

The Admissions Policy gives full details of the Governors' requirements and policy of the School with respect to a pupil's admission and is issued to all parents prior to their son's or daughter's entry to Sedbergh.

A pupil is admitted upon condition that their parents or guardians agree in writing to accept the School's Terms and Conditions. Parents should please refer to the Terms and Conditions as much as possible as these form the contract between you - the parent - and the School. The rest of this handbook is not contractual but provided by way of information alongside The Brown Book that is also published on the School website. The Terms and Conditions may be amended from time to time, and their provisions, subject to any such amendments, will continue to apply throughout the period a pupil is attending the School, regardless of their age.

The published School Rules form part of this commitment; these are displayed on School Notice Boards, and a copy is sent to all parents before a pupil comes to Sedbergh.

With best wishes for a most successful and rewarding experience at Sedbergh.



Dan Harrison

**Headmaster**

Contact details for Boarding Houses can be found in [The Brown Book](#).

**Mr Dan Harrison**

**Headmaster**

Headmaster's Office

Sedbergh

Cumbria

LA10 5HG

**Tel:** 015396 20535

**Email:** [headmaster@sedberghschool.org](mailto:headmaster@sedberghschool.org)

**Mr Richard Gledhill**

**Chairman of Governors**

c/o Clerk to The Governors

Sedbergh School

Malim Lodge

Loftus Hill

Sedbergh School

Cumbria

LA10 5RY

**Email:** [chairman@sedberghschool.org](mailto:chairman@sedberghschool.org)

## ACADEMIC OVERVIEW

There are 58 formal academic teaching periods each fortnight. Lessons take place each morning (Monday to Saturday inclusive) and on three weekday afternoons. The afternoon timetable is structured to allow a sensible programme of games and relaxation to be incorporated into the working day.

Pupils are taught in their year groups, and for main subjects are 'setted' according to their ability in that subject, although the policy is not rigid. There is a set programme of 'prep' which is supervised for the younger pupils. A regular system of Prizes and 'Distinctions & Merits' is employed as a way of encouraging pupils and rewarding good effort.

School Examinations are held at least annually for each year group. A pupil's performance in the examinations, as well as achievement in each subject being studied, is reported to parents during and at the end of each Term.

Parents' Meetings are arranged for each year group annually and the dates of the Meetings published before the commencement of the academic year. Most meetings are arranged conveniently on Sundays following morning Chapel Service or at half terms and give parents the opportunity of meeting with teachers and discussing their child's academic progress.

### Public Examinations

All pupils in Year 11 sit GCSE or IGCSE examinations through one of the recognised Examination Boards. In the Lower Sixth pupils' study four subjects leading to AS (Advanced Subsidiary) qualifications. Most pupils will continue with three of these subjects at A2 level in the Upper Sixth. In addition to these three A levels and one AS level pupils may follow a course in Critical Thinking. Some pupils are also entered for public examinations conducted by the Associated Board of the Royal School of Music.

### Learning Support

Our Learning Support Department works across all year groups in Sedbergh School to ensure that pupils receive the help that they need for effective learning and maximum development. We aim to identify, at the earliest opportunity, any child who may have Special Educational Needs and to provide them with appropriate support.

Learning Support lessons are given in small groups in Years 9 to 11, and on a one-to-one basis in Sixth Form. These lessons take the place of a foreign language in Year 9 and are instead of a fourth GCSE option in Year 10 and Year 11. As well as formal lessons we offer Prep Support in the evenings. The main area of expertise is in supporting pupils with dyslexia and associated literacy difficulties, but the School has experience of supporting pupils with a wide range of Specific Learning Difficulties. The Department is located centrally in the School to ensure close liaison with all the academic departments, and to encourage pupils and teachers to drop in for advice.

### Careers and University Guidance

It is the role of a pupil's Housemaster/Mistress to ensure that during the early years of the pupil's time in the School their sights are set on their future career. This is in addition to a comprehensive programme of independent careers advice and guidance delivered by the Careers Department from year 9 to year 13 as part of the PSHE syllabus. As pupils mature, they will wish to make use of the breadth of information available in the Careers Library and seek advice both from their Housemaster/Mistress and the Careers Team.

As a pupil moves into the Lower Sixth, their Tutor will instigate discussion and motivation on various careers issues and decisions; the Sixth Form curriculum includes lectures and a programme of visits that are specifically designed to assist careers selection.

The Lower Sixth Careers Programme is designed to focus pupils' minds firmly on the future; if a pupil is to go directly from School to University, they will need to submit an application via UCAS in the Michaelmas Term before A Levels and will therefore need to gather as much information and advice as possible during the Summer Term of the Lower Sixth year. Pupils are encouraged to send for prospectuses from the Universities that interest them and discuss the suitability of the courses on offer with the Careers staff, Housemaster/Mistress, and parents. The UCAS application is completed early in the Michaelmas Term of the Upper Sixth Form year. University visits are encouraged, and details of year group visits will be provided to pupils and parents.

## **EVENING SOCIETIES**

The range of societies and the opportunity to pursue activities outside of Prep times is wide ranging and includes:

- The Bracken Society (History)
- The Brantwood Society (Literature)
- The Burke and Hare Society (Biology)
- The Choral Society
- The Classical Society (Classics)
- The Collegium Musicum (pupil led classical music)
- Senior Dinner Debating
- Junior and Middle School Debating
- The Design Society
- The Invisible College (pupil led Science Society)
- The Keynes vs Hayak Society (Economics)
- Master Chef!
- The Pheasant Shoot
- The Phoenix Society (fortnightly Middle School Honours Society)
- The Polyglots (Modern Language Society)
- The School of Athens (pupil led - opportunity for Sixth formers to share their academic passions)
- TGI (Christian Society)

## **BOARDING PRINCIPLES**

Sedbergh's pastoral care and belief in timeless values creates an unrivalled provision for boarding. As a truly full boarding school, Sedbergh prides itself on the lifelong relationships and friendships forged within the boarding houses. Pupils are afforded the opportunities to develop ambitions, resilience, tolerance and community living in a house supported by House Staff who recognise and celebrate achievement. Sedbergh's boarding believes in the development of discipline within a modern framework of concern for others with a focus on the Christian values of compassion and humility.

Sedbergh's houses maintain the heritage of the School and allow Sedberghians to feel part of a greater picture of history; they live and work in a house safe in the knowledge that thousands of Sedberghians have

passed before them with the same values, ethos and understanding of the beauty of the landscape in which they are situated. The unique house dining structure allows for the development of family culture within the wider school structure. Pupils are challenged, removed from their comfort zones and supported as they venture into activities, new academic spheres and new ambitions. Sedbergh's boarding provision makes pupils brave enough to challenge themselves.

## **BOARDING STAFF**

The Housemaster or Housemistress is responsible for the day to day running of the House and the welfare of your son or daughter. They live within the Boarding House and are assisted by an Assistant Housemaster or Assistant Housemistress and a team of Tutors.

The Tutors, as well as having responsibility for a group of tutees within the House, will undertake duties on evenings and at weekends. Your son or daughter's tutor may be contacted regarding any academic issues you may have.

The Houses are staffed by caring, committed and friendly people from a wide range of backgrounds and with a wide range of interests, who all have a common interest in providing a supportive atmosphere within which your son or daughter will grow and develop.

## **BOOKS AND STATIONERY**

The School has its own Book Room & Stationery Store. Textbooks will be issued on a loaned basis by the teachers and must be returned after use. Certain textbooks which require workings, calculations, or records of the individual pupil and which cannot be reused may be chargeable. Otherwise, the cost of textbooks is included in the fees. Books which are not returned for any reason will be charged at replacement cost. Where applicable, the cost will be included on the invoice at the end of each term as an extra, along with any personal items of stationery purchased at the Stationery Store.

## **CALCULATORS**

All pupils in Years 9 to 11 will require a calculator on their arrival at School. They will also require a Math's Set to include a compass, protractor, and ruler. Pupils in the 6<sup>th</sup> Form, studying a course with a Mathematical content will also require a calculator.

Teaching assumes that pupils have VPAM (visually perfect algebraic model) calculators. The Casio fx-83GT Plus (cost approximately £10) is ideal and can be bought from the School Stationery Store at the beginning of Term or throughout the year.

## **CHAPLAINCY**

The Chaplaincy Team at Sedbergh School is led by The Chaplain, The Revd. Paul Sweeting. The Assistant Chaplains are Mrs Philippa Prall (Senior School) and Mr Dick Gorst (Prep School). All of the Chaplains are available to talk about a pastoral matter. They are available to pupils, and parents are welcome to contact them regarding their child. Their respective emails (and phone numbers) are [pls@sedberghschool.org](mailto:pls@sedberghschool.org) (07857 500 240), [pjfp@sedberghschool.org](mailto:pjfp@sedberghschool.org) and [rtg@sedberghprep.org](mailto:rtg@sedberghprep.org) (07870 895 054).

## CODE OF CONDUCT FOR SPORT

Sedbergh School is extremely grateful to parents and supporters for their ongoing and valuable support for the numerous sporting fixtures and events throughout the year. It is worthwhile providing a gentle reminder of Sedbergh's sporting ethos and our joint responsibility to uphold the core principles in terms of attitude and behaviour before, during and after each sporting event.

Match day is inevitably an exciting occasion for all but when the stakes are high it can become a highly charged affair and occasionally emotions have run out of control.

Our aim is to provide a sports programme that is based on positive, life changing ideals. We believe in the development of the whole child, the fostering of an 'active life' philosophy and the promotion of a lifetime investment in sport and physical activity. This sporting ethos celebrates enjoyment, equality of access, breadth of participation and excellence both on and off the fields.

In order for our ethos to be upheld and our sports programme to be truly successful it takes the co-operation of all involved, players, coaches, officials, staff, spectators and parents. Having spent some time and effort over the previous year's reinforcing our sporting ethos amongst the pupils, I believe it is essential that we include parents and friends of Sedbergh in this process.

The following points clarify what Sedbergh believes to be essential standards associated with its sporting culture. In effect, it is a code of conduct for supporters but is intended to include you rather than alienate you. I hope you will receive it in the manner in which it is offered.

### The Role of Parents

Parents and guardians have a responsibility to help the school in ensuring their child gets the most out of his or her playing experience. Parental support should always include positive reinforcement of both your child's performance and of their efforts. This is essential to encourage strong self-esteem and a healthy development in general. We ask parents to be positive role models, including the display of sportsmanship and the notion of fair play and by avoiding negativity of any kind. It is not acceptable for anyone to ridicule or chastise their child or others for making a mistake or for losing a game. Parents should encourage children to always play according to the rules.

### Parent-Coach Alliance

The entire coaching Staff is wholly grateful for the support, encouragement, and assistance that many parents provide, often driving long distances and rearranging busy schedules to cheer on the team on a regular basis. It is essential however that all parents and guardians agree to support their respective coach's decisions (even if they do not fully agree with them)

Please refrain from.....

- Entering the playing arena at any time,
- Airing any grievances relating to any aspect of the game regarding the players; the coach or officials whilst in the presence of our pupils or our visitors.

All parent- coach dialogue should be non- confrontational and constructive in its content.

The Coach's judgment on issues such as selection must be accepted as final. However well you know your son or daughter, you cannot share the same overview of the whole team. The coach is best suited and entirely qualified to take all factors into consideration and make the right decisions for the team. Parents will not take part in any coaching of our sports teams at Sedbergh.

## Parent to Parent Respect

Parents and spectators have a responsibility to other parents and spectators. Competition and taunting between parents is never acceptable, and no parent/spectator should ever be made to feel embarrassed or disappointed by their team or child's performance. Good play should always be applauded, and disappointments should always be consoled. Remember that children learn best by example and praise should be bestowed on the efforts of both teams.

Parents/Spectators have a responsibility to themselves. The joy and pride associated with watching children learn and grow through sport should be experienced to the fullest, because life-long memories are being created before your eyes.

Your children play sport for many reasons. Ultimately, we wish them to foster a feeling of self-worth/respect. Please help this endeavour by focusing on your child's efforts and personal achievements rather than purely on whether they win or lose.

## CORRESPONDENCE REQUIREMENTS

All correspondence about **financial** matters - School Bills, Fees etc., should be addressed to The Bursar, Malim Lodge, Loftus Hill, Sedbergh School, Sedbergh, Cumbria, LA10 5RY.

All **other** correspondence should be addressed either to a pupil's Housemaster/mistress or to The Headmaster as appropriate.

### **Parents are required to inform the School, via the pupil's Housemaster or Housemistress of:**

- the name and address of any other person, other than themselves, who has legal parental responsibility for the pupil. (It is no longer assumed that only natural parents have such responsibility). The Acceptance Form should be used for this purpose.
- any Court Orders or other legal circumstances affecting the pupil. Any Orders under The Children Act must be notified to the School.
- any special arrangements for, or restriction upon, contact between the pupil and parents or others; and
- contact telephone numbers and addresses whilst parents are away from home.

Parents are asked to ensure that changes of address, telephone number and e-mail are notified promptly to the Headmaster's PA, Sedbergh School, Sedbergh, Cumbria, LA10 5HG ([principal@sedberghschool.org](mailto:principal@sedberghschool.org)).

Details of contact telephone numbers, addresses and e-mail whilst parents are away from home should be notified to their son's Housemaster or daughter's Housemistress before departure.

Those parents who are divorced or separated, or who hold joint custody or interest in a pupil's progress, should confirm to The Registrar who is responsible for paying the School Bill and who should receive copies of the child's School Reports.

## COUNSELLING

The school has a full-time Head of Wellbeing, Mrs Dee Adamson, who offers pastoral support to all pupils as well as dedicated counselling services to individuals.

## COMMUNICATION WITH HOME

Parents will always be informed of any matters of concern and should feel free to let us know of any concerns they may have - and encourage their son or daughter to do likewise. Housemasters and Housemistresses are always willing to meet with parents informally or by appointment for a private discussion.

The level of informal communication between staff and parents is naturally high for many parents, but we acknowledge that there are some who are unable to visit frequently. Therefore, communication through email, telephone or online should ensure that parents are kept up to date with the progress and welfare of their son or daughter.

Pupils can telephone home when they are not involved in School Activities during the day or evening. Communication can also be made via email or online. However, parents should avoid situations whereby a son or daughter becomes overly reliant on communication with home, to the detriment of settling in and joining in activities in School and the House.

There are rules about pupil's use of mobile phones around School and in the Boarding Houses (see School Rules in [The Brown Book](#)).

## FLIGHT INFORMATION FOR THOSE LIVING OVERSEAS

For important and time sensitive information about flights and transfers from/to airports, that should be read before booking flights for you children to arrive to or depart from School, please click [HERE](#)

## GOVERNORS AND STAFF

School Governors, Senior Leadership Team and Staff names and responsibilities can be found in [The Brown Book](#) (which will soon be updated for September 2022).

## LONG WEEKENDS & FLEXIBLE EXEATS

If a pupil wishes to take a long weekend (from 4.15pm on Friday to 7pm on Sunday), they may do so on the dates published on the website under [Term Dates](#).

Should a pupil wish to take an alternative flexible exeat (from after games/activities on a Saturday (approx. 4pm) to 7pm on Sunday evening), they may take one either side of half term in Michaelmas and Lent Terms, or before half term in Summer Term. Flexible exeats should be agreed with your child's housemaster or Housemistress at least 24 hours in advance.

Pupils may not take a flexible exeat as well as a long weekend within the same half of term. Neither option is compulsory and for pupils who remain in school there will be a full programme of activities.

## POCKET MONEY

Pocket money is not issued to a pupil by the School. An allowance from a parent to their son or daughter of about £50 per half term is quite sufficient. A pupil may lodge this money with their Housemaster or Housemistress for safe keeping and can draw on it as required. Whilst at School, the possession by a pupil of their own cheque book, Bankers Card, Debit Card or any other Credit Card remains entirely the responsibility of the pupil and his or her parents. At present there are two cash point machines in Sedbergh located outside the Spar Supermarket and towards the far end of Main Street.

Overseas pupils who need to open a UK bank account will need to make arrangements with their Assistant

Housemaster or Assistant Housemistress once in the Boarding House, as the nearest bank branches are in Kendal. A letter will need to be obtained from the Bursary confirming residence and should be requested by parents.

## PORTABLE ELECTRICAL EQUIPMENT

Please refer to the School's Electrical Rules contained in the Health and Safety Policy. The School cannot take any responsibility for injury or damage caused by defective private equipment used in the School; it is not covered by the School's insurance.

## SCHOOL DAY

Sedbergh School operates a Summer/Winter timetable to maximise daylight hours.

The formal School Day begins with Morning Assembly for all pupils - normally held in Powell Hall or Chapel - at 8.05am. There are four lessons every morning (except Saturday, three) and two lessons on each of Monday, Tuesday and Friday afternoons. All meals are taken in Boarding Houses.

### The School Day

7.20 am - 7.50 am	Breakfast
8.05 am - 8.20 am	Assembly/Chapel
8.25 am - 10.20 am	Lessons 1 & 2
10.20 am - 10.55 am	Break in Boarding House
10.55 am - 12.50 pm	Lessons 3 & 4
1.00 pm - 1.25 pm	Lunch in Boarding House
2.10 pm - 3.55 pm	Lessons 5 & 6 [1]
4.10 pm - 5.50 pm	Games / Activities / Recreation [1]
5.50 pm - 6.20 pm	Supper in Boarding House
6.30 pm - 7.10 pm	Rehearsals and recreation
7:10 pm - 7:15 pm	House Prayers & Roll Call
7.15 pm - 9.15 pm	Evening Prep in Boarding Houses

**Notes** [1] On the Winter timetable these timings are reversed.

### Weekends

On Saturday, morning School finishes at 11.20am and Lunch is at 11.45am.

After Lunch there are games fixtures with other Schools and a variety of other recreational activities are organised.

On Saturday evenings there is a full social programme which is age appropriate and suitable for the occasion.

On Sunday, breakfast is at 9.00 am and there is normally Morning Chapel (which is attended by all pupils) is at 10.15 am. From time-to-time Evening Services are held in lieu of Morning Chapel.

Expeditions and rehearsals are often held during the day, as well as a variety of House trips or activities.

Sunday evening Prep is held in Houses from 7.00pm – 9.00pm.

### DAY PUPILS

Day pupils must arrive by 7.50am and then follow the same academic routine as the boarders until 6.00pm. They may leave at 6.00pm after school activities have finished, 7.00pm after supper or 9.15pm after prep. They may not leave at other times and must always check out with their Housemaster or Housemistress.

Day pupils may be required to return to School in the afternoon, evenings or at other times (including Sunday) for any House or School commitment, as directed by their Housemaster or Housemistress. Discretion may be shown by the Housemaster or Housemistress.

### Saturday

All day pupils:  
Years 9, 10 & 11  
Sixth Form:

Arrive by 7.50 am  
Depart from 5.55 pm subject to School commitments  
Depart Lunch Time

### Sunday

Attendance at School is not compulsory, although Day pupils may be required to return to School to attend specific School commitments. Day Pupils are encouraged to join in Sunday activities.

**NB No School activity is restricted to Boarders only.**

## SCHOOL CALENDAR

The [School Calendar](#) will be published via the website – no printed copies will be available. The Calendar contains details of sporting fixtures and other events, and which helps parents to plan their visits to the School to support their son or daughter in their activities, particularly at weekends. The School Calendar is to be accessed via the website under **Information** – or by clicking [HERE](#).

## SCHOOL TOUR POLICY

The School operates representative tours from time to time. It is the policy of the Governors that no pupil may undertake School such representative trips for Sport, Music, Drama, etc, in the holidays and which involve parental funding, where a parents' financial obligations to the School have not been met, or are otherwise not to the satisfaction of the School.

## SIXTH FORM BAR

In normal times, the Sixth Form Bar is supervised and is open on Saturday evenings from 8.00pm until 10.00pm, for use by members of the Sixth Form whose parents have returned a signed membership form for their sons and daughters to use the sixth form bar.

The Sixth Form Bar membership form can be found [HERE](#) and should be returned to Admissions for new pupils or current pupils Housemaster or Housemistress before the start of term. Lower Sixth pupils are allowed two pints of beer, lager, cider or two glasses of wine. Upper Sixth pupils are allowed three pints of beer, lager, cider or three glasses of wine.

## SOCIAL MEDIA

Sedbergh School is one of the most influential UK schools on social media

Here are just some of our accounts – you may wish to follow some. Please do interact with us – follow, like, re-tweet, share, and comment! You can also see a cumulative summary of our social media fields [HERE](#).



**Twitter** - Sedbergh School has a wealth of Twitter feeds from all different areas of the school. The main School feed is: <https://twitter.com/SedberghSchool>



**Facebook** - [www.facebook.com/sedberghschool](http://www.facebook.com/sedberghschool)



Instagram



@sedberghschoolofficial

LinkIn - Sedbergh School

 SPORT	 HOUSES	 ART & ACADEMIC
@SedberghGirls @SedberghSport @SedberghHockey @SedberghRunning @Sed_Athletics @TheBrownSSFC @Sed_Equestrian @SedberghSailing @Sedberghcricket	@Sed_Sedgwick @SchoolHouse_Sed @WinderHouse @Carus_Sedbergh @Hart_Sedbergh @Lupton_Sedbergh @Evans_Sedbergh @Robertson_Sed @Sed_PowellHouse	@Sedberghenglish @Sed_STEM @Sedbergh_MFL @SedberghArts @Sed_Classics @SedberghMusic @SedberghDrama @Sed_Academic @Sedbergh_STEM

## **SPORTS, ACTIVITIES & SOCIETIES**

In the first year in the Senior School, pupils are encouraged to try as many Sports and Activities as possible. Further, pupils are encouraged to take up hobbies and activities in their own time and members of staff are on hand to assist.

### **SPORTS**

Pupils participate in an organised games programme every weekday afternoon except Thursday. This is appropriate to their age, aptitude, and the season of the year and ample time is also available for them to continue with indoor or outdoor pursuits on a voluntary basis.

Michaelmas Term: the major sport for boys is Rugby and for girls is Hockey – plus, as every term, a wealth of other sports is offered to those who wish to pursue a mixed games programme or who do not wish to play the main sports.

Lent Term: a wide range of competitive sports is on offer, the emphasis for boys is placed on Hockey, Running and Rugby Sevens, and for girls on Netball and Running.

Summer Term: the main sports are Cricket, Athletics and Tennis for both boys and girls; golf, sailing and fishing are just some of the other sports and activities that pupils can enjoy.

In all competitive sports the level of coaching is to a high standard and all students are given the opportunity to take part in competitive sport at all levels of ability.

### **ACTIVITIES**

Thursday afternoon is given to Activities.

Pupils in Year 9 follow an outdoor pursuits programme throughout Michaelmas term; then participate in CCF, conservation or other (mainly outdoor) activities through Lent and Summer terms.

Year 10 and 11 pupils may continue with CCF, take up Duke of Edinburgh Silver Award, do voluntary work or participate in a range of activities – both outdoor and indoor – from mountain biking to cookery club.

Sixth Form pupils may continue with CCF, work towards the Duke of Edinburgh Gold Award, or, as with Year 10 and 11, participate in a wide range of outdoor and indoor activities.

Pupils are also encouraged to take up hobbies and activities in their own time and members of staff are on hand to assist. The Art & Design Centres are open for individual use on half-days and weekends. Society meetings take place mid-week during the evenings.

A full recreational and social programme operates at weekends and rehearsals take place on half-days and weekends.

### **EXPEDITIONS**

Expeditions are organised for those in the CCF as well as those who complete the Duke of Edinburgh Award Scheme. Major expeditions are taken most years led by our staff, and have recently included Bolivia, Kenya, Madagascar, Malawi and Nepal.

Year 9 attend an Outdoor Pursuits camp.

Year 10 visit the Battlefields of France

## TERM DATES

For information about Term Dates for the coming and future academic years click [HERE](#)

## VISITING

Due to Covid-19, please check with your child's Housemaster or Housemistress before arranging to visit your child at Sedbergh.

In normal times, parents and guardians are most welcome to visit the School during term time. Every parent has access to the School Calendar on our website [HERE](#); this will contain details of Chapel Services, sporting fixtures, concerts, plays and other events. The support of parents and guardians is most welcome at any major School occasion. Parents should seek permission from Housemasters and Housemistresses before taking their child out.

In planning the timing and frequency of their visits, parents and guardians should bear in mind that many worthwhile voluntary activities take place at weekends at a boarding school, as well as time being available for academic study. Too frequent a visit programme may inhibit a pupil from taking full advantage of the opportunities available. Housemasters and Housemistresses will be happy to offer guidance in individual cases.

## VISITING LICENSED PREMISES ON SATURDAYS

We are conscious that parents may wish to take their children out for a meal while in Sedbergh, and appreciate your support with the School Rules regarding the consumption of alcohol.

- *Pupils may visit the public houses of Sedbergh between the hours of 5.30pm and 7.15pm with their parents or guardian and the permission and a red card from their Housemaster/ Housemistress. On such visits, pupils may not drink alcohol.*
- *Pupils in Years 12 and 13 whose parents have returned a signed permission slip may use the Sixth Form bar. For these pupils there will be access to a very limited amount of alcohol carefully controlled by the members of staff on duty. All pupils will be breathalysed before being permitted access to any alcohol in school.*

We take seriously our responsibility to educate and encourage our pupils to have a healthy and responsible attitude towards the consumption of alcohol and appreciate your understanding and support with this important issue.

## IN ALL CIRCUMSTANCES THE LAW OF THE LAND MUST BE OBSERVED