



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:

'Be open and throw yourself into school and house life – talk to as many people as you can and get involved in lots of activities.'

Paul, Y12 Sedgwick House, from Germany

'Contribute to House events – it is important to be loyal to and proud of your house.'

Gary, Y9 School House, from China

'Don't be afraid to go to other pupil's rooms, even when it feels difficult. You are always welcome!'

Lioba, Y12 Carus House, from Germany

'Like everything in life, new beginnings can be difficult but keep trusting – better things always come!'

Carla, Y9 Robertson House, from Mexico

'Do not only talk to people of your nationality and who speak your language. Go and socialise and have fun using English – that's what you're here for!'

Alexis, Y9 Sedgwick House, from France

'Make your decisions carefully but do not waste your time here; be open-minded and try to challenge yourself.'

Simon, Y13 Evans House, from China

'Don't be afraid to ask questions if you are unsure about something, there is always someone to help you.'

Aviv, Y11 Powell House, from Hong Kong

'Be kind to everyone, be yourself and try your best. Don't be scared – everyone is here to support you.'

Beatriz, Y9 Lupton House, from Spain

'Go to your activities everyday and try to get involved in sport – this is a great way to meet people and to make new friends.'

Amoury, Y9 Powell House, from France

'Get to know lots of people in your year group, not only the people in your house.'

Curtis, Y10 Winder House, from Hong Kong

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.
- 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 while 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 8.05am and is a short talk by one of the teachers followed by a hymn (song) and prayer.
Banter	Funny, silly, joking behaviour. Be careful though, not everyone finds 'banter' funny. Always tell a teacher if you see/experience some banter that you don't like.
Block	<ol style="list-style-type: none"> 1. A group of classrooms, e.g. Maths Block, Chemistry Block. 2. Groups of subject options, e.g. you might do Art in block A.
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 (but not books!)
Brown (in various forms)	The school colour! Also a name used for Sedbergh's sports teams during a match; for example, shouting, 'Go on Brown!' Also a blazer awarded to excellent performance in sport, music or academics in school.
Brunch	A meal on Sunday, late-morning or early afternoon. It is often a Full English Breakfast (bacon, sausages, eggs, beans, mushrooms, tomatoes, hash browns).
Bursary	Building with a red door next to the school entrance near Queen's Hall, where school financial offices are.
CCF	Combined Cadet Force – military activity on Thursday afternoons
Chapel	Sedbergh School's own church building where the whole school goes on Sundays for collective worship.
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 ('com') where pupils can go to meet each other, talk and relax in the evenings.
Congregational Practice	Singing practice in Chapel on Friday morning at 8.05am, instead of assembly.
Counter-bullying	Actions that pupils and teachers take to stop people being unkind to other people.
Crack	Something funny or entertaining e.g. 'he did it just for the crack'.
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.
DofE	Duke of Edinburgh Award – you can do this activity on Thursday afternoons.
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.
Fire Drill	Practice of what to do if there is a fire – these happen in houses and lessons.
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!)
Hirst Centre	The sports centre with the grass roof, near Sedgwick House.
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, a department 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/ASHM	Each house has a 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.
On a Roll	A popular sandwich shop in Sedbergh town.
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	The building near the swimming pool, where Y12 and Y13 are based (also called the 6 th from centre).
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 main school gates) where you see a nurse.
School reg.	Sedbergh School games kit.
Set	The particular class you are in for each subject.
Social	Saturday night event. For example, a disco, BBQ, cinema visit, bowling.
SOCs	A school website you use to choose your games and activities options.
Spar	A shop across the road from school where you can buy many things such as sweets, drinks, snacks and toiletries
Stack/stacking	Clearing the table at the end of a meal and taking plates etc to the kitchen.
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/translator!

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/>

[Learning English with Oxford - The latest language learning tips, resources, and content from Oxford University Press.](#)

<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)	Senior Deputy Head & Deputy Safeguarding Officer
Dr. Burns	Senior Deputy Head Pastoral & Safeguarding Officer
Housemaster/mistress	The person in charge of your boarding house.
Assistant Housemaster/mistress	A person who helps the housemaster/mistress to look after the pupils in the boarding house.
Mrs Killgren (ALK)	Head of Year 9
Mr Seddon-Roberts (DSR)	Head of Year 10
Mrs Macdonald (JMM)	Head of Year 11
Miss Rowland (HLR)	Head of 6 th Form (Year 12 & 13)
Mr Lewis (IL)	Head of Year 12
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 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

Try to check your school emails every day.

We also use Teams a lot and you will be put into a Team for each of your classes. You can also contact your teachers via Teams. Make sure you read all Teams notifications that you receive too!

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.

