



Pupils' Guide

BOARDING AT FOREMARKE



FOREMARKE HALL
REPTON PREPARATORY SCHOOL

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NEW TO BOARDING

Welcome to Boarding at Foremarke.

We are delighted that you are joining our lively and friendly boarding community and we are looking forward to meeting you soon for the start of your boarding adventure.

We hope that this booklet will help give you a good idea of what boarding life is like at Foremarke before you come.

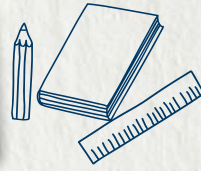


It's important to remember that everyone wants you to enjoy your time as a boarder at Foremarke. So, if you do have problems, make sure you ask for help.



If you still have things that you want to know after reading this then ask your parents and, if they aren't sure, ask them to ring the school. There is always someone here to help.

GETTING PREPARED



It's always a good idea to be organised, especially for something as important as starting at a new school. So here are a few tips...

School Uniform

Your parents will have a copy of the clothing list, and will probably need to take you shopping. They might get your uniform from the school shop at Repton, or "The Stock Exchange", our own second hand shop or a High Street store. It's worth taking the time to have everything organised before you come.

Home Clothes

After lessons, and at weekends, you will be allowed to change into your home clothes. You are advised to limit what you bring, so that you don't run out of storage space. As a result, it's well worth spending a little time choosing what you want to bring to school with you. Any items of clothing with offensive logos should be left at home.

Naming

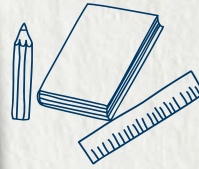
Not a job for you! However, it is vital that all your things are named. With so many people living in the same place, and everyone's clothes being washed in the same laundry, things can get lost very easily if they don't have your name on. Your parents will probably have ordered some name tapes and will be busy labelling your new uniform, or they might use the sewing service provided by Repton School Shop. Make sure that you get your casual clothes named as well. Also please name all your personal items: your electronics, toys and sports equipment.

Stationery

Unfortunately, even boarders have to go to lessons! It's well worth making sure you've got all the appropriate pens, pencils, pencil sharpener, rubber, ruler, compass and protractor so that you are well organised and ready for lessons.

GETTING PREPARED

...continued



Family & Friends

It is important that you have an address book (or similar) with phone numbers, Skype and e-mail details and addresses of your parents, grandparents, aunts and uncles, cousins, and some good friends from home. Letters, e-mail and the phone are good ways of keeping in touch. It's always nice to receive something through the post, and it's worth remembering that people are more likely to send you a letter if you write to them first!

Useful Skills

When you live at home there are things that your parents often do for you, that you will be expected to do for yourself when you are boarding. Many of these things can be learnt as you go along. However, there are a few skills that would be useful for you to have before you arrive, and it is worth getting your parents to give you a few lessons in:

- How to do your own tie
- Cleaning your shoes with polish and a brush
- Changing your bedding - particularly putting a clean duvet cover on!



Although these are useful skills to have, don't worry if you haven't quite got the hang of them before you start.

SETTLING IN

Settling in

Everyone is different. Some people seem to settle into boarding life within hours whilst, for others, it can take slightly longer. The adults who will care for you and the more experienced boarders are on hand to do all that they can to answer questions and to deal with any problems or concerns that you may have. It's important to remember that everyone wants you to enjoy your time as a boarder at Foremarke so, if you are anxious or worried about anything make sure you ask for help.

Remember, even if you find boarding life easy to get used to, there will be others who will struggle at first and would benefit from your help and support.

Getting your Bearings

It always takes a while to find your way around a new school. You will probably have had a tour of the school when you came to visit with your parents, but you will be shown around again on your first day. There will be another pupil acting as your 'guardian' to look after you for as long as you need them. If you are not sure about anything please do ask your guardian, another friend or a teacher - they will all be happy to help.

Making Friends

This is the most fun part of boarding life at Foremarke. The school is made up of all sorts of people with a wide range of personalities and interests. As a result, there are bound to be lots of people you'll make friends with. It's especially important that you get yourself involved in as much as possible while you're still settling in.



🗨 The best way to make friends is through having fun with others, so get out there and enjoy yourself!

SETTLING IN

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Homesickness

Remember - It's natural to miss home. you might settle in straight away or it may take a little longer.



Homesickness is often most likely to strike when you have too much spare time. You will find that during the day you are likely to be very busy with lessons and in the evenings there are lots of activities for you to get involved in. If you do find you are on your own and you are feeling sad, chatting with others is a great way to think of other things, and helps build friendships. Keep busy. Make an effort to join in with a game that's going on. Talking to someone about your feelings can be a real help. At night time you might want to have your favourite toy or teddy from home; so don't forget to pack them!

The staff in your house will be happy to listen, but you may prefer to talk to a friend.

Food

The food here at Foremarke is varied, nutritious and really tasty. There is always something for everyone's tastes and boarders never go hungry. If you have any suggestions about the food the kitchen are always keen to hear your views and each boarding house has a representative on the food committee which meets twice a term.



EVENING ACTIVITIES

One of the best things about being a boarder is that you get to use all the school facilities when the day pupils have gone home! That means that you can use:

- The floodlight astro-turf pitches
- Climbing wall
- Sports hall
- Swimming Pool
- Games fields
- ICT rooms
- Art and DT rooms
- Boarders' games room
- Music rooms and instruments
- Cricket Nets
- Tennis Courts
- Camp building and raft building equipment
- Library

whatever your interests there is something for everyone.

Remember
"BHMF"

Boarders Have More Fun



BOARDING ROUTINE



Morning

- 7.10am Get up, wash, dress
- 7.30am Breakfast
- 8.00am Return to Houses
 - Brush teeth
 - Tidy Bedders
- 8.25am Registration with Form Tutors



Evening

- 6.00pm Tea for all
- 6.45pm Junior Activities & Senior Preps.
- 7.30pm Senior Activities and Junior Bedtime routine starts
- 8.15pm Seniors to Houses for bedtime routine



BEDTIME

	YR. 3 & 4	YR. 5	YR.6	YR.7	YR.8
7.50pm	Reading				
8.00pm		Reading			
8.10pm	Lights Out		Reading		
8.20pm		Lights Out			
8.30pm			Lights Out		
8.50pm				Reading	
9.10pm				Lights Out	Reading
9.30pm					Lights Out



THINGS TO NOTE

Prep

Prep may be a new word for you, but it simply means homework. You will be given a prep timetable by your Form Tutor as well as a lesson timetable. Your teachers will set you prep on a regular basis that is an important support to the work you do in class. Your Form Tutor will give you a prep diary in which to record and organise your work.

Your Houseparents will support and help you with your prep, whilst keeping an eye on your prep diary. You will have some time during the school day to get this work done, but are likely to need some extra time. As a result, there are prep sessions after activities for the Juniors and later in the evening for Seniors. It is worth remembering that it is important that you get your prep done and to a satisfactory standard. If you need help, you should talk to your Houseparents.

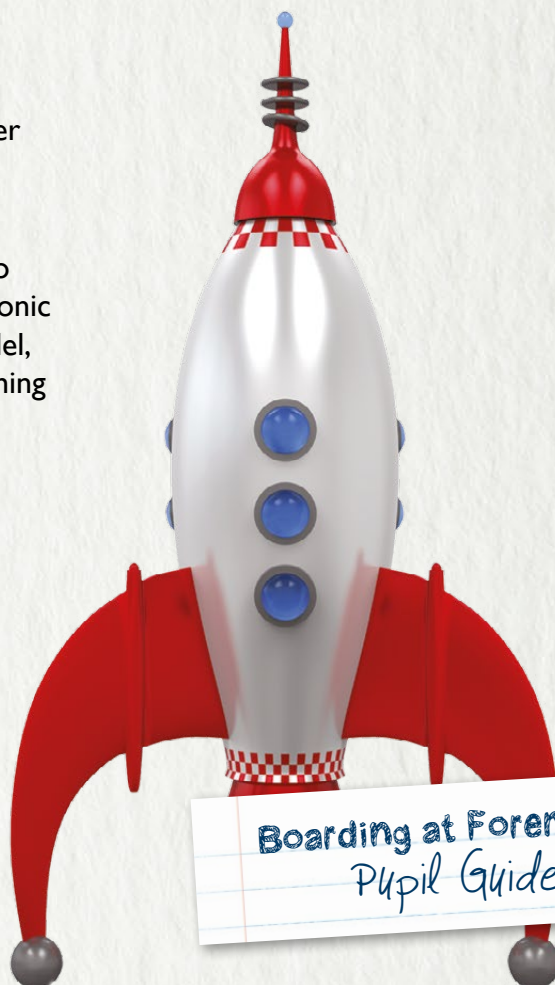
Valuables

It can be nice to bring a few 'luxuries' from home, and these are often valuable (whether financial or personal value). Unfortunately, the school cannot accept responsibility for your valuables going missing or breaking but there are a few things that you can do to help.

- Firstly, make sure that your things are named.
- All boarders are given a lockable drawer in their bedder (dormitory or bedroom), so use it sensibly for the belongings that are most valuable to you.
- It is also a good idea to give details of your valuables to your Houseparents. For example, in the case of electronic items, it would be wise to tell them the make and model, colour, serial number (often hidden) and any distinguishing features.

We will do our best to help find anything that has been lost, but the more information we have the easier it is and it also enables us to prove things are yours in case of an argument.

It is a good idea to give any extremely valuable items to your Houseparents for safe keeping.



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Pupil Guide

THINGS TO NOTE

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Electronic Devices

If you own an ipad, laptop, mobile phone or any other electronic device you may bring them into school. You will be allowed to use them on Wednesday afternoons, after school and at the weekends. At all other times they are stored away in a locked cupboard. (There are so many other things to do at Foremarke you hopefully won't miss them!)

If you have the internet on any mobile device then you must use the House Wi-Fi not your own 3G or 4G.

As a school we have to follow the Government's recommendations on social media. Therefore you are not allowed access to Facebook, Twitter, Instagram, Snapchat or any other social media site whilst at school.

If you have any App's on your phone that are not age appropriate (suitable for children your age) you are advised to delete them. Please ask your Houseparent if you are unclear about anything.



Skateboards, Roller Blades, Scooters and SWegWays

Boarders are allowed to bring in these items to use in their free time as long as appropriate safety equipment is worn.

Bicycles

We are so fortunate at Foremarke to have such incredible grounds. Among other things, this gives plenty of opportunity to have fun on bikes. We have a small number of school owned bikes that can be used outside of the school day. Some people do bring their own bikes to Foremarke, but there is limited space to keep them. So check with your Houseparents first, rather than just turning up at school with your bike. The bike shed is locked, but you would be wise to bring some form of security device (padlock or chain) for your individual bike. Helmets are a must.

THINGS TO NOTE

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Tuck

Tuck shop is open Wednesday, Saturday and Sunday evenings. We try to stock a variety of sweets and drinks but, if you have any particular favourites that we don't have, it might be worth making a suggestion! Although what you spend will appear on your parents' bill, this doesn't mean that you can spend as much as you might like!

Money

There is no need for you to bring money to Foremarke. Things bought within school will go on your parents' bill. Every second Sunday we go on trips out of school where it might be appropriate to have some spending money. If this is the case, we will arrange pocket money for you.

Any money that you do bring back to school from home should be handed in to your Houseparents for safekeeping. They will return it to you when you are next due to go home. If, due to your family situation, you are likely to stay with friends or guardians at exets and half term breaks, it would be useful to bring some money for these occasions. Again, this money should be handed in to your Houseparents.

Contacting Home

It is important to keep in touch with your family. They will be missing you very much, and will be keen to know how you are getting on. There are a number of ways of contacting them:

- **Letters** - Full boarders are expected to write a letter each Sunday. This does not have to be to your parents. You'll find that the occasional letter to grandparents, aunties and uncles, cousins and friends will go down well and does your popularity no harm at all. Sending letters also increases the chances of receiving letters through the post, which is always exciting.
- **Telephone** - Each House has a phone for incoming calls and for parents to phone you back.
- **Mobile Phone** - Boarders may bring mobile phones to Foremarke, although they must be handed in to your Houseparents for safekeeping. You can use them for specified periods of time during the evenings and weekends.
- **E-mail** - Each boarder has an e-mail address. Boarders have access to computers in the Boarding Houses, Library, Games Room and ICT room at allocated times.
- **Skype** - Skype is available at various points throughout the week and weekends for boarders. Each Boarding house will have a Skype account which you can also use to contact home.

THINGS TO NOTE

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Weekends

At Foremarke we have lessons on Saturday mornings (except for Years 3 & 4) who have the Foremarke Plus activity morning. In the afternoon there are usually sports matches. If you are a weekly or home and away boarder, and not involved in a match, squad training or other school commitments, you may leave at 12.45pm. Afternoon games usually finish by about 4pm, after which you have free time, although cricket and away matches do take longer. Saturday evenings tend to be a movie and tuck evenings in pj's and duvets!!

You will find that on about half the Sundays in a term, there is an organized trip out. Most of these outings involve being away from Foremarke for three or four hours, but others are all day trips. When there is no trip arranged, there are a range of activities going on during the course of the day at Foremarke, making use of our excellent facilities. Sundays out are a real favourite amongst the children and trips vary from go-karting, ice hockey matches, tobogganing, cinema, cycling and theme parks to name a few!

Going Out at Weekends

Full boarders are generally expected to stay at Foremarke at weekends. However, if you are going out with your parents, you are able to leave for the whole weekend (once you have fulfilled your school commitments on Saturday). If you want to go out with anyone else your Houseparent will decide whether this is best for all concerned.

Exeats

In the Michaelmas term (September-December) there is an exeat weekend either side of half term. The school shuts down at exeats, which means that everyone is expected to leave Foremarke. Most children go home, but some spend the weekend with guardians or friends. The Lent and Summer terms are slightly shorter so there are not normally any fixed exeats.

Church Services

Foremarke is a Christian school and there are church services throughout the term, usually on a Sunday. Details of these services can be found in the school calendar and weekend sheet for each term. If you would like to invite your parents along to the Sunday services and for tea on Sunday then let your Houseparent know.

THINGS TO NOTE

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Medical Issues

The Medical Centre is located in the first bungalow on the school drive and can be accessed by the path behind the Tom Davies building. Surgeries are held at 8am and lunchtime – evening medication is handed out in the boarding houses. There is always a member of the medical team available during the day in case you have a problem.

There are sick bays in the Medical Centre, where you might stay if you are poorly. There is a TV and plenty of games to keep you amused if you need to stay there.



Weekly House Meetings

On a Wednesday night at 7.00pm all the boarders meet in the Boarders' Games Room and discuss matters that have come up through the week. It is led by the Head of Boarding and he is always keen to hear your views and thoughts. Topics that are covered range from Wi-Fi to food. If there is something you think is working well or want change then this is one of your opportunities to ask.

and finally...

There are so many opportunities that are available for you to experience and enjoy at Foremarke, and your parents will be hoping that you will have a great time. Take advantage of these chances while they are there – it is more difficult to experience new things once you have left school.

Make the most of boarding life, the fun and friendship that it brings while you are here. Holidays provide a chance to recharge your batteries and enjoy some quality time with your family. If you can make the most of both, you'll thoroughly enjoy being a boarder.

welcome to the Foremarke family!

“BHMF”



your home from home



FOREMARKE HALL
REPTON PREPARATORY SCHOOL