



Welcome to England and to your stay at an English boarding school. Here are some guidelines to help you settle in and enjoy your time in this country.

Cotswold Guardians (Anne Sharp) are acting as your guardian whilst you are at school in the UK. They are your contact if you have any worries or concerns – call Anne Sharp on 01285 711789 or 07733 333914 if you need any help.



Before you leave home, make sure you have put the mobile phone number into your phone (and remember to copy it over if you buy an English sim card). If you ever have any concerns that are not being listened to in school, contact Anne. She is here to help you.

Arrival in the UK

Do not forget your PRB (if needed). A letter confirming that you are studying in the UK and that I am your guardian if you are not from the European Union will be sent before you start school. Make sure you have this in case the Customs officers wish to see further evidence.

If you are being collected by a driver, we will have sent you a form with contact details. The driver will have your name on a board and will be waiting in arrivals. If you cannot find them, call their mobile number first. If there is no answer, call the mobile number of Cotswold Guardians immediately.

English law must be kept at all times. It is illegal to smoke, drink alcohol or take drugs. If you do this then the school is likely to expel you. Schools have strict policies over sexual activity. These rules apply even if you are 18.

If you are staying in the UK for a while, it can be useful to buy a UK sim card for your phone.

Good Manners

It is normal to thank people for helping you – for example if someone opens a door, remember to say “thank you”. Also, it is good to help others and to ask if they would like some help. Practise your English and it will get easier!

When you first get to school



If this is your first time away from home, you may feel slightly sad for a few days because you are in a different country. Make sure you join in all the activities for new pupils and talk to your buddy if you are feeling upset. Do not ring your parents every night, but go and talk to others at the school.

The school will be doing lots to make you feel welcome – take part in everything, and you will find this is a good way to make new friends quickly.

Schools can be cold – make sure you wear enough clothes to keep warm, especially if you have come from a tropical country!



School will run regular fire alarms and practice. It is compulsory to take part.

School will have different rules to home. Please be aware of them – they are there for your safety. If you are unsure, please ask your house parent or matron.

Pocket money – this needs to be handed into the house staff for safe keeping on arrival.

Talk to your houseparent if you find it hard to settle, they can help you over these feelings. There will also be a Designated Safeguarding Lead at the school, if you have any concerns about your personal safety (if you are being bullied, feel unsafe in any way at all), they can be contacted or else ring or message Anne Sharp.

Bullying and Anti-radicalisation, safe use of the internet

The school will have compulsory lessons on this subject. This is for yours and everyone's safety.

Your room

You may have to share your room with others – please make sure you keep your possessions tidy. If you have posters, only use approved fixings (white tack, etc) so that the walls are not marked. A useful tip is to have a combination padlock so that you can keep valuable possessions safe. All money and passports must be handed to the house staff when you unpack.



It is useful to buy a UK adaptor for your phone/laptop as otherwise they can pose a fire risk.



Make sure you go to the Common Room or House Room and talk to other students, remember to ask questions about them, not just talk about yourself.

Your house will have set bedtimes for different years. This must be obeyed.

Classes

It is important to try your best at school and to hand in all work on time. Teachers will be happy to help you if you do not understand the question or are confused. High grades are hard to achieve because you have come from a different education system and are working in a foreign language. Grades of a C or above are acceptable. It is important to improve, as this shows you are learning and listening well.



Meals



There will be lots of choice at meal times – try different options and make sure you eat well. This will help your learning. If you really don't like anything on offer, talk to your houseparent and they will be able to help you. In England we eat with a knife and fork and it is not recommended to leave the table until everyone has finished. Do not use your mobile during mealtimes – use this time to talk.

Sports and Clubs

There will be lots of different types of sports and clubs to try, from Art to Zumba.



Some will be compulsory, others optional – try lots of different activities and clubs and make sure you enrich your stay at an English boarding school.



Feeling unwell

As soon as you feel unwell, you must contact a member of the house staff or ask a friend to get help. Do not self-medicate. School has medical staff on duty all the time.

Feeling safe and secure

When you leave the school grounds, always carry your mobile phone (make sure it is charged) and that you have it turned on (not on silent). Have the house parent's number in your contact details, as well as that for Anne Sharp.

If at any time you feel pressured into doing something you are not happy with, please talk to your house parent. If you do not want them to know, ring or message Anne immediately. She can talk to you about the issue and advise you what to do.

It may be that someone is trying to get you to take a photo on your phone that you do not think is right or encouraging you to be unkind to another student. If you feel that you are being treated in an unpleasant way, talk to your house parent about your worries or ring Anne. She is here to help you. The school will have a Safeguarding Lead who is there to hear any concerns you may have.

Staying with a family

You may stay with a family for exeat or the half term. This should be a fun experience and a chance to see what life in an English family is like.

Remember to go out and find new friends, you will settle in quickly and have lots of fun IF you make the effort to try.