



BOARDING

A Boarder's *Survival Guide* to Fraser Youens House

PETZL.

Welcome to Fraser Youens

As a boarder, how do you...?

Fraser Youens Boarding House is a fantastic and eventful place, with 70 boarders ranging across all the year groups. Living here is great fun, and you will have your friends with you from the moment you wake up until it's time to go to bed.

Homework may not be high on your 'to do' list, but don't worry - you will have plenty of support from the Boarding Tutors. In fact, boarders traditionally do extremely well academically because of the support from teachers and friends.

You might be a bit scared of boarding, but there's no need to be. Everyone looks after each other, rather like a family, and it's certainly the case that everyone wants to help you out.

You will probably have many questions, such as 'where do I go for lessons', 'will I get lost', 'will I be late', 'what's for tea', 'what's the routine', 'where do I have to be, and at what time?' We hope that this *Survival Guide* helps to answer some of those nagging concerns. But most of all, we hope you have plenty of fun!

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Know who's who

If you are worried about anything, you're missing your family or you just want to share the events of the day, there are plenty of people you can chat to: the Housemasters, Tutors, Matron and other staff. Don't forget the older boys in the house; even though they may appear intimidating, they are all very friendly and approachable.

Housemasters

Our boarding house is run by three Housemasters who are there to speak to if you are ever worried about anything. They take registration in the morning, and one will always be in the duty office from the end of school until bedtime. You can ring their doorbells if you are feeling unwell during the night, but don't expect them to be happy at three o'clock in the morning!

Mr Scourfield is Head of Boarding and lives at the Sixth Form end of the house. He lives with his wife and two daughters, Sian and Megan, a cat called Tonic and a dog called Mardo. Mr Scourfield is a PE teacher, so he is always organising fun games and competitions on the field or in the swimming pool.

Mr Silvey is the Pastoral Housemaster, and he lives at the Junior end of the house. He's a Spanish Teacher and keen rugby player with a healthy appetite. Mr Silvey is an Old Wycombiensian (an old boy of the School), and has an epic beard! Mr Silvey also runs the activity system, so if you have any ideas for games or activities you would like to try, then speak to him.

Mrs Gallagher is the Academic Housemistress and lives on the ground floor, next to the dining room. She lives with her

husband who is a Maths teacher at the School and her two daughters, Lucy and Emily. Mrs Gallagher runs the mentoring system, so if you are struggling in any subjects in school, you can ask her for help.

House Tutors & Matron

There are also seven House Tutors who have a duty afternoon or evening each week. They monitor your work in their tutor meetings, supervise your homework time, run activities, help at bedtime and also give out boarding merits for being helpful or doing well in school! They will always carry the duty mobile in case you need to contact them. The number is printed everywhere, but do remember to add it to your own mobile.

Miss Lawson is Subject Leader of Spanish. She runs cookery as her activity, which is great fun and very popular. We normally make cookies, brownies or pizza!

Mrs Scourfield is a House Tutor and part-time Boarding Administrator.

Mr Young is Subject Leader of Chemistry. He runs excellent revision sessions in the lead up to the exam period.

Mr Pettengell is a Chemistry teacher and loves CCF and Warhammer.

Mr Huelin is a PE teacher and a very good rugby player.

Mr Mullaly is the Assistant Head of Music and has a passion for Irish Football and animals. He can play eight musical instruments!

Mr De Kock is the Head of Rowing and a Cover Assistant. As well as a love for the water he enjoys playing rugby.

If you feel unwell, or just want a chat, **Matron** is in the house before school, at lunchtime, and after school too.

Settle in and make new friends

There is no need to be anxious or lose sleep over settling in, you will be fine. You'll find that you've settled in by around the second week of term and have the routine sorted.

When you start, you'll have a Boarding Tutor who looks after you. They will check you are on top of homework and remind you to pack your schoolbag the night before, as well as helping you get to know the rest of the boys in the House.

You will also have a 'junior buddy' from the year above. They went through exactly what you did, so they know just what you are talking about. You will also be assigned a 'prefect buddy' so you can get to know some of the older boys.

It's a good idea to become acquainted with the other year groups as quickly as possible by taking part in as many of the activities as you can. In September, the Housemasters and Prefects run lots of different competitions and games. It's the best way of making friends and feeling part of the House.

It is completely normal to feel homesick sometimes, and everyone will have felt that way at some point. Make sure you tell someone, and the Housemasters can suggest lots of ways of feeling better.



Manage your homework

We have a homework session after dinner every night of the week apart from Friday. Most of you will be in 'C group' when you join. This means you do your homework in a school computer room, and you are supervised by one of the Housemasters, who will sign your homework diary at the end of the session to confirm you have completed it properly. If you do well in school, you can then be moved to 'B group', and you will then work in your own room, under supervision. The older boys are in 'A group', which means they work unsupervised.

Make sure you focus on one task at a time and prioritise to get the more urgent assignments done first. You should always be prepared to give up part of your evening if an urgent task isn't done. If you find you're getting stressed or struggling, there is lots of help available. Ask your teacher, or if you're too shy, then ask a Boarding Prefect or another member of staff. Some of the staff run extra sessions and revision clinics to help with problems. Just make sure you ask!

Get yourself organised

7.30 am – 8.15 am: Breakfast

You don't have to come to breakfast in your school uniform, unless you come down after 8 o'clock, but you also can't come down in your pyjamas, so most people wear sports kit or comfy clothes.

8.30 am: Time for School

You need to be ready to leave the boarding house to get to your form room for registration or assembly. If you are late leaving, you get hustled out by a Prefect or a Housemaster, so try and keep an eye on the time!

11.45 am – 12.15 pm: Snack time in Boarding

The snack is usually something you can eat in your hands, like a toasted sandwich or a sausage roll.

1.30 pm – 2.15 pm: Lunch

You have lunch in the boarding house, unless you have a club or sports practice. If you do, you can save a meal by writing your name in the 'late meals' book and eat later. Lunch is always a warm option, full salad bar and a pudding. There's also lots of fruit on offer for you to take whenever you wish.

3.40 pm – 5.15 pm: Snacks & Freetime

After school, there are more snacks. If you ask the dining room staff nicely they will also make you a cup of tea, or even give you seconds, if there is anything left! You can then go and play outside, go to the shops, play table tennis, pool or table football in your common room.

5.15 pm – 7.00 pm: Activities

These are normally sports or games outside, but we also do cookery, quizzes, board games and other fun activities. Afterwards, there is an optional swimming session on Tuesdays or Thursdays, or you can just relax and do your own thing before dinner.

6.00 pm – 7.00 pm: Homework

Homework for Day Boarders and on Monday and Wednesday for Year 7.

7.00 pm – 7.30 pm: Dinner

All the boarders, boarding staff and their families eat together, and dinner is everyone's favourite meal of the day. There is a three-course meal every night, and the dining room staff get to know you really well, particularly if there are things you can't eat or don't like. So, if you ask them, they may even cook something different just for you. Everyone's favourite dinner is on Thursday, which is the 'Meal Of The Week', selected by a boarder.

7.30 pm – 9.00 pm: Homework

We then all do our homework together, in one of the school computer rooms, with a Housemaster.

Bedtime

We always have two Prefects to check you are ready for bed and that areas are tidy before a Teacher says goodnight and turns out the lights...not that you always go to sleep straight away, of course! Housemasters and Prefects run lots of different competitions and games. It's the best way of making friends and feeling part of the House.

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Ask for help from the Sixth Formers

We have eight House Prefects, including a Head of House and a Deputy Head of House. Every year all the boarders elect the prefects they want for the next year. These boys are then interviewed to see who will be the Head of House and Deputy Head of House. Their role is to give advice, help with homework or just have a friendly chat. All the new boys will have a mentor who is in the Sixth Form. Mentors check you're ok, help with homework, give advice or are just there to talk. You can also get lots of help from the Sixth Formers with school work. They also help out with activities and running house competitions. There is a list of mentors in the foyer with their room location so you know where to find them.

Make the most of your free time

If you're sporty, then we have plenty of activities for you to enjoy, such as cricket nets, football, basketball, fitness sessions and some of our own games, like four square and table tennis. However, if you're not particularly into sports then we have lots of other activities such as chess, cookery, board games and music practice. Clubs change throughout the year, based on popular demand, and there are more outdoor clubs in the summer when the evenings are light. If you are interested in trying something new, or have an idea for a fun activity, speak to either one of the Housemasters or Prefects .

Plan a trip to the shops

You are given quite a bit of freedom. You are allowed out of the House on the school site as much as you want. This is great as the school site is huge and you have the school playing fields to use as your back garden! The only rule is that you aren't allowed to play inside the school buildings. You are also allowed to go into town, or to the local shops, as long as you are in groups of three or more and have been given permission by a Housemaster or Tutor. Boys usually go straight after school and return in time for the 5.15 pm activity. Don't forget to sign out of the House on the iPad in the foyer or you will get hassled by the Housemasters as they need to know where you are!

Get enough merits for an evening treat

There are many rewards that can be earned in the boarding house. Merits can be given by either Prefects or staff for lots of things like good behaviour, good school work, helping other boys and community work. Every half term, the year group with the most merits per person will receive an evening treat. This could be a pizza, a movie evening in the boarding house, or a bowling trip in town. It's a pretty great reward for not too much work. We also have lots of competitions over the course of the year. The table tennis ladder competition is the most closely fought. We also have a FIFA tournament, tag rugby, softball and loads of others too. Don't forget to let teachers know when you have done something well so they can give you a merit!

Make the most of the trips on offer

There are six house trips each year, one in each half term, and always on Sundays. These are mostly for the Full Boarders, but Weekly Boarders are most welcome to come along too. This year we have been to Longridge Activity Centre on the River Thames where we go bell-boating, water-zorbing and rock climbing. Other activities include paintballing, go-karting and ice-skating. We usually all go to see a show in London just before Christmas, and have been to see the Lion King, Charlie and the Chocolate Factory and Matilda. House trips are always a great way to celebrate the end of each half term. What could be more fun than pummelling your teachers with 200 paintballs?!

Survive a weekend at home

Some boarders are Full Boarders and stay in the house over the weekends. If you are a Weekly Boarder (and most of us are), then you will be in the boarding house from Sunday evening until after school on a Friday. However, if you have a school match on a Saturday you are allowed to stay on Friday night too. All you need to do is let a Housemaster know and sign up for dinner on Friday night and breakfast on Saturday morning. Parents always have lots of questions and want to know how the week has gone, so it's worth sometimes taking some exercise books home so they know how your work is going. Also, make sure they sign up to the boarding Twitter account @RGSHWboarding. That way they won't have so many questions to ask!

Wash your clothes

We have our own laundry in Fraser Youens, so washing gets done every day. Laundry goes in a bin in the laundry room downstairs, so it's important to do this daily otherwise your dirty washing will pile up and your room will smell! You will also get told off by the cleaners if you leave washing in your room for too long. Be sure to have all your clothes named clearly. All the unnamed laundry is laid out every Friday on the table tennis table, so if you have mislaid something it will usually turn up there. You also have to bring your bedding down to be washed every other week, on a Wednesday. Reminders are put up on the dining room door about this, so that you don't forget!



Survive anything, anywhere (*according to the other boarders*)

- 1. Get outside as much as you can and do lots of clubs and activities.
- 2. Try to get into good habits e.g. taking laundry down regularly, and not being late for breakfast.
- 3. Try to complete your homework the day it's set (or it can build up really quickly)!
- 4. Make an effort to talk to the older boys.
- 5. Keep your room tidy or you will be constantly reminded to do it by the domestic staff, just like your parents would!
- 6. Get to know your fellow room-mates as they could be with you for your whole time at RGS, and that's quite a long time.
- 7. Try your best to compliment and thank the kitchen and cleaning staff as they are always working hard and thinking of your best interests.
- 8. If you feel homesick, go and speak to some one; everyone feels homesick at some point.



- 9. Make sure you bring swimming trunks! We go swimming twice a week, and the Boarding Tutors always organise fun games for us to play.
- 10. Get to know your Boarding Tutor and tell them things you do outside of school. You could get a boarding merit, or even be 'boarder of the week'!
- 11. If you don't like something on the menu at mealtimes, speak nicely to the Chefs and they might make you something else.
- 12. Bring slippers or flip-flops, as you have to wear some thing on your feet in the house.
- 13. Make the most of what's on offer in the common rooms.
- 14. We have loads of board games to play if you don't want to go and play outside.
- 15. You are allowed to put posters and pictures up in your room, so bring some board pins.
- 16. Be prepared to have a great time!

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