



BEESTON
HALL
SCHOOL

Beeston Boarding





A Big Hello!

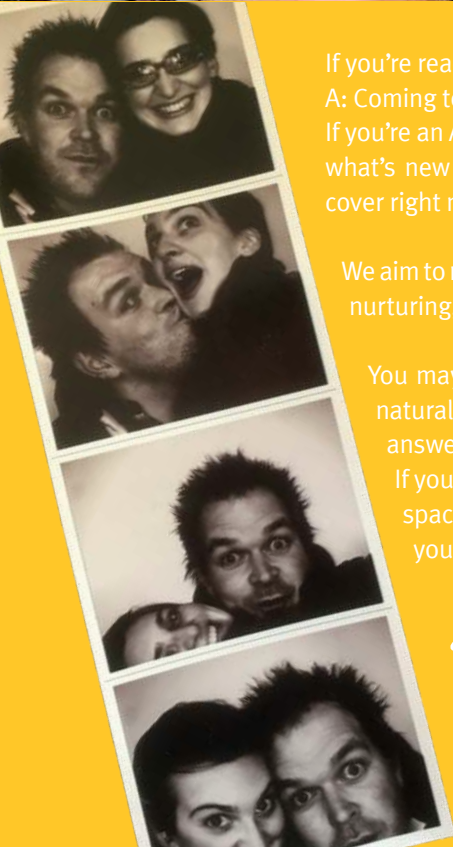
If you're reading this booklet, then it's fair to say that you are either, A: Coming to board at Beeston, or B: Thinking about it. If you're an A, then in these pages, you can find out a bit more about what's new this year. If you're a B, read the whole thing cover to cover right now and we're hopeful you'll then become an A.

We aim to make the boarding experience as comfortable, engaging, nurturing, soul nourishing and fun as possible.

You may be feeling a little nervous – don't worry, it's perfectly natural to feel this way but keep reading and this book will answer some of your questions...

If you've got any questions that aren't answered here, use the space coming up to make some notes and bring this with you on your first day.

Mr and Mrs Lloyd-Peck



Who will look after me?

There are always friendly staff around the school who will help you, but it will be the boarding staff that you will probably see and talk to the most.

The Main House Boarding Parents are myself and my wife, Mr and Mrs Lloyd-Peck; we live in the House Parents' flat at the end of the Main Hall. We live there all the time with our twin children Leo and Beatrix. It's our job to look after you while you're at Beeston, that's why we're called 'Boarding PARENTS'. When you arrive we'll give you a quick tour so you know where we live. In the Main House we are helped by a number of other staff, such as Mrs Large, Miss Kay, Mr Broughton, who are the house tutors, and also assisted by Mr Hughes, Miss Joyce and Mr and Mrs de Falbe. Their job is to also look after you, put you to bed and wake you up in the morning along of course, with us.

Our School Surgery is run by our school nurse who is very experienced, she is assisted by our matrons. If you ever feel ill or out of sorts there is always a friendly and comforting person to go to. Between all of us, we will look after you during the evening and morning before school starts, and the teachers will look after you during the school day as normal.

What happens when I first arrive?

Beeston is a happy and busy place to be. You will be due at school at 4.30pm on your first day of term, or 2pm for pre-season training if you've arranged this. Bring your trunk of belongings into the 'Link' outside the main hall (if you have not dropped it off earlier on in the week). After your pre-season training, or at 4:30pm when you arrive, you can find out which dorm you are in and which bed is yours. Don't worry about unpacking your trunk straight away. We will help you to do that. Just make sure that you have essential items handy in your Beeston Bag or at the top of your trunk, such as your PJ's, school clothes for the next day, wash kit etc. If you are unsure just email dl@beestonhall.co.uk for Mr Lloyd-Peck or flp@beestonhall.co.uk for Mrs Lloyd-Peck.

At 5.30pm all the children in Main House have a House Meeting just to introduce you all and make sure that everyone knows what they are doing. At 6pm there will be a BBQ, then we will go and play in the swimming pool.

Before you know it, you will be called upstairs to get ready for bed. Time flies when you're having fun!

DID YOU KNOW? If you forget faces or staff's names, you can always look at the 'Who's Who Boards' on the wall in your common rooms.



How will I know where to go and what to do when I arrive?

When every new child arrives at Beeston they are given a New Boarder Pack and a Boarding Buddy who will look out for them. This is an experienced boarder from your own age group and dorm, who knows how Beeston boarding works. They will show you where to go; how and when to do things, and help you with the daily and night-time routines until you feel comfortable and at home.

What is a normal school day like at Beeston?

Every day you get up in the morning at 7.am, make your bed, tidy your dorm and come down for breakfast in the dining

hall, which normally includes cereal and a cooked option. You can look at the weeks menu outside the dining hall.

After breakfast there's some free time or music practice to get yourself organised for the day, before class registration at 8.15am, followed by lessons, each 55 minutes long.

There are two lessons followed by a long break at 10.25am with refreshments available – called Little Tea. In break you can play with your friends or join one of the music clubs. There's certainly always something to do.

There are two more lessons followed by lunch at 1pm. After lunch you might be back in the classroom or on the games field, depending on your class and day of the week.



Whichever class or year that you are in, you always have a few lessons and a games session each afternoon.

Each midweek day after games the Juniors (Years 3, 4 and 5), all take part in the Junior Activity Programme which runs between 5pm and 6pm, before supper. There is normally a choice of three or four activities, including sport, craft, dance, art and Scottish Reels, to name but a few.

DID YOU KNOW?

Scottish Reels is lively Scottish dancing in groups.

If you are in Year 6 or above you go back into class during this time for Prep. Then it's supper from 6pm until 6.30pm for everyone. Afterwards there are 5 or 6 activities to choose from to suit most tastes. The Year 3, 4 and 5 children read

books to a member of staff or another boarder.

After the evening activities it's time to go upstairs to get ready for bed. Each bed has its own reading light which can be used for 15 minutes after main lights out to read your favourite book.





What are the normal bed times?

The youngest boarders start to go at 7.30pm. Years 3 and 4 go upstairs to get changed at around 7.30pm before bed time at 8.00pm. The Year 5 and 6 at 8.30pm and years 7 and 8 at 9.00pm. You need to sign yourself in at the bottom of the main stairs before going up.

Year	Time
Year 3 & 4	8.00pm
Year 5 & 6	8.30pm
Year 7 & 8	9.00pm

When do I have showers?

You can have a shower in the morning or in the evening, but you must have a shower once a day.

What happens at weekends?

The simple answer is EVERYTHING! From trips to Pleasurewood Hills, dog training and sailing to film making, flash mobs, silent discos, crafts and pottery; there is something for everyone.

There is always Saturday morning school before a Church Service which your parents can attend, followed by Games in the afternoon when there are normally lots of matches.

On Saturday afternoon there is free time to do whatever you like around school. After supper everyone gets ready for bed and gets together in dressing gowns with teddies and duvets, if you like, ready to watch a DVD.

On certain Saturday nights we have 'Movie Nights' when we tuck into popcorn and watch a film on our large cinema style screen. The Year 7s and 8s have a different film to the Year 3, 4, 5 and 6s in the Den downstairs.

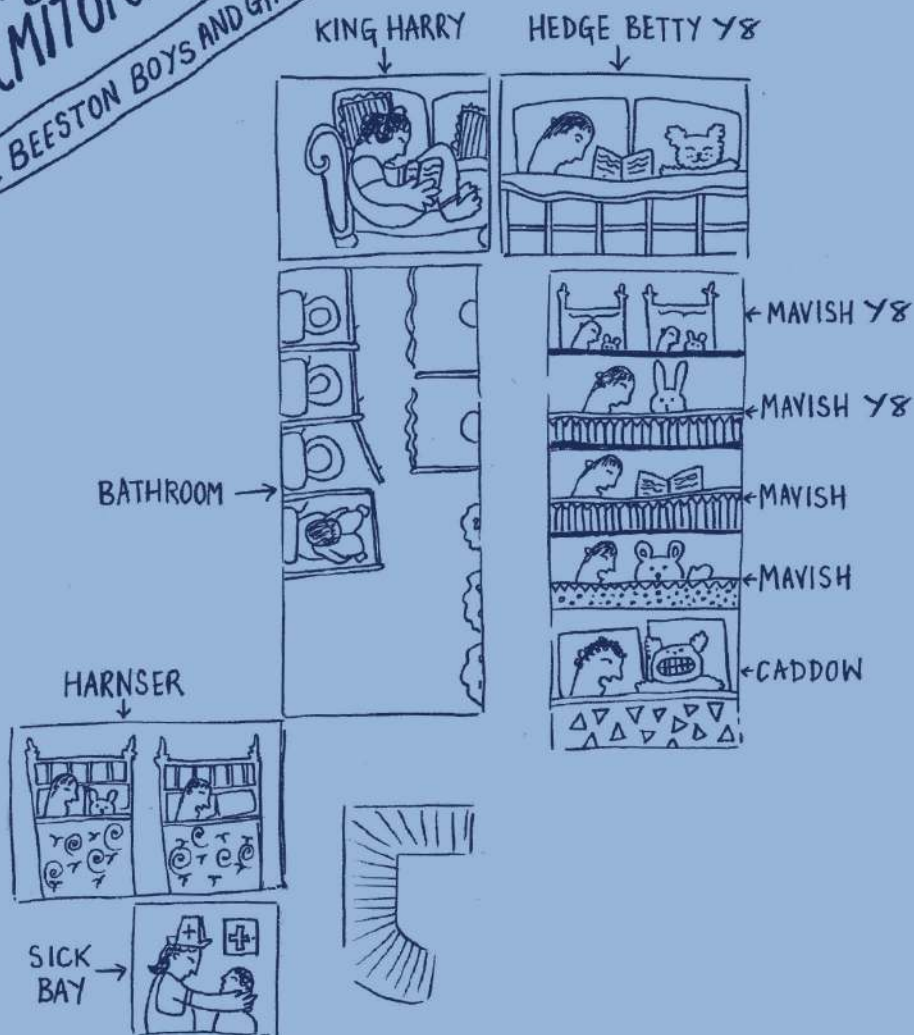
On Sunday, after a lie in and breakfast the day is yours. Sundays are designed so that you can get involved in activities whilst also having the time and space to relax and prepare for the following week. There is Tuck Shop at 4.00pm where you have 75p to spend on some sweets or chocolate, just for years 3, 4, 5, 6 and 7. Year 8 have some time in Sheringham each week with some pocket money. The weekend activity programme is always listed in the Link and on the website www.beestonhall.co.uk. There's also a leaflet enclosed in this handbook.

MAIN HOUSE

Boys' *side* DORMITORY ★ MAP

FOR BEESTON BOYS AND GIRLS

DID YOU KNOW?
'Lights out' is the time when the lights are switched off in your dorm and you're expected to snuggle down quietly and nod off to sleep.





Can I have my own things in my dorm?

Yes, of course! We want you to feel at home. You will have a bedside table by your bed where you can put photos of family, pets and friends. For anything more valuable you can keep things in your tuckbox. You can bring your own duvet cover and cuddlies, while larger belongings such as bikes or scooters can be kept in the outdoor boot room. Feel free to ask for blue tac to put your posters up! Every Wednesday everyone writes a letter home.

Can I bring sweets/tuck to school?

You can buy sweets from Tuck on Sunday afternoons, so you will have plenty. There is no need for you or your parents to bring in extra sweets, as you are not allowed to have them at school.

Will I be able to contact or see my family?

You can ring your family until 8pm, except in lessons or when you have gone up to get ready for bed. You can also use the skype computer in the boarding house if you are an overseas boarder.

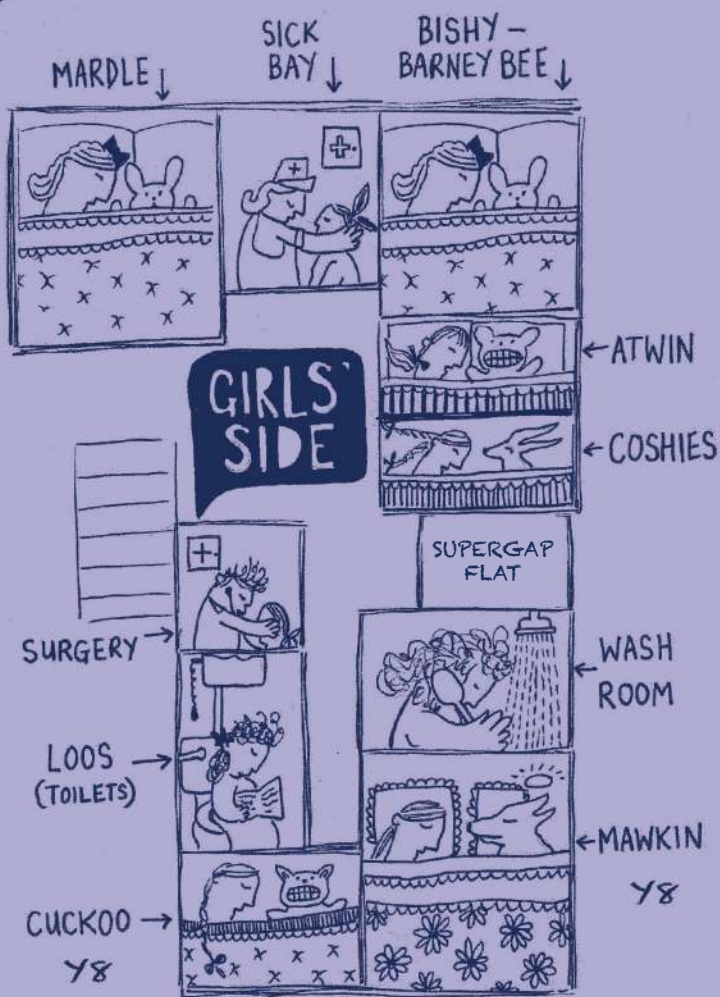
Most importantly, families are always welcome at Beeston. There are many events they can come to. For instance, they can visit on match days and other school events, and they can attend the concerts each term. Parents are welcome to join us for evening activities, parents please check the school diary. Rest assured there are plenty of opportunities to see and talk to your parents. You can also sit with them at the Saturday Church services (12:10pm) and spend some time with them afterwards.

PARENTS: Please don't bring or send in extra sweets - it is unfair on those that don't get them!

MAIN HOUSE Girls' Side DORMITORY ★ MAP

FOR BEESTON BOYS AND GIRLS

DID YOU KNOW?
A 'dorm' is short for
'dormitory' which is a
big bedroom shared by a
number of people.



What happens if it's my birthday when I'm at school?

Birthdays are special at Beeston. Your parents are welcome to come and visit and celebrate with you in the Drawing Room during games time. Any cards or presents can be opened here with your parents, although it's best if they take home really expensive presents afterwards for safekeeping.

At supper you can organise a birthday table with up to 9 chosen friends when you can enjoy various treats and birthday cake. All of this can be provided by your family. Or there are different birthday packages available by contacting Mrs DeFalbe. Just ask your parents to email her at jdef@beestonhall.co.uk

What happens if I take medicine?

Your parents will have already talked to the Matron Department. The Matrons will make sure that you get your medicine at all of the right times, even if you forget because you're having so much fun!

Can I bring technology?

You can bring electrical games and ipods, but they're only really used on long journeys, at all other times they will be kept by your House Parents. They will need to be named and handed into the electrical cupboard while you're here.

What if I'm worried, who can I go to?

Anybody – everyone at Beeston is here to make sure that you are happy and it's amazing how quickly problems can be solved if you share them.

If you have a question about bedtimes or your dorm, the easiest person to ask is your Dorm Captain, normally a senior boy or girl who is there to help you settle in.

If there is something the Dorm Captains do not know the answer to, ask any of the boarding staff. We're happy to talk with you about anything – including personal issues, food issues, health issues, lost belongings, or if you just fancy a chat.

There are anonymous 'Worry Boxes' on the boys' and girls' side of the boarding house, outside Mr and Mrs Lloyd-Peck's flat, outside the Matron's Surgery, in the Chapel or in the Link. Jot a note down in any of these.

Mrs Lloyd-Peck has a drop in session once a week when you can pop by to see her for a chat if anything is worrying you, or just to say hi!

If you're sad, worried, lonely or upset and want to talk to someone who isn't at school, you can call:

The independent listener: Bobbie Coe
01263 860097 or 07887 603021
Childline: 0800 11 11
NSPCC: 0808 8005000
Office of the Children's Commissioner:
0800 5280731,
www.childrenscommissioner.gov.uk

What happens if I feel ill?

Most importantly, don't worry – we're here to help you. If you're ill, your Dorm Captain will look after you and take you to the Duty Matron or Mr & Mrs Lloyd-Peck, who are always close by. If this is in the middle of the night, your Dorm Captain will ring the 'duty bell' to wake them up, so they may take a few minutes to arrive. If you feel ill during lessons you can always ask a member of staff if you can go and see a Matron in the Matrons' Room, or just turn up to Surgery if you feel a little unwell in the evening or during free time.

How do I use the phones?

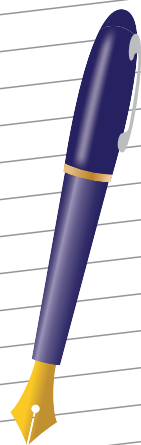
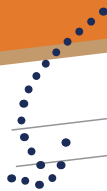
We have two phones which you can use – the red phone box in the courtyard and one by the Matron's room in its own private box. You just simply dial as you do at home. You can also email your family from one of the school's computer rooms. A member of staff will let you know how to log onto your profile and your school email address.

What happens if there is a fire while I'm in my dorm?

If the fire alarm goes off, your Dorm Captain will lead you to the nearest fire exit and to the school assembly point. It is important that you follow instructions. There will be plenty of staff around and there will be a regular practice fire drill each term so that you rapidly get to understand what to do.

What if I have more questions?

Put down any other questions you might have and we'll go through them together when you arrive.



If your question is urgent, you can email us at dl@beestonhall.co.uk. Or flp@beestonhall.co.uk If you are new to boarding, we will also ring you a couple of days before you come to make sure everything is okay.



BEESTON
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SCHOOL



Bring your Teddy!

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