



ABBOTSLEIGH



Boarding at Abbotsleigh

IRIAN CLARKE SCHOOL HOUSE



Our philosophy

The following principles underpin boarding at Abbotsleigh:

- Abbotsleigh Boarding nurtures the growth and development of each girl within a safe and secure environment. Each girl is encouraged to reach her goals and the staff are sensitive to each girl's physical, academic, emotional, spiritual, sporting and cultural needs.
- Girls are encouraged to become responsible citizens who respect themselves and others and who live harmoniously with others in a community while simultaneously maintaining individuality.
- Cooperation and consideration are fundamental principles of the Boarding School.
- Self-discipline is valued and each girl is encouraged to accept responsibility for her actions.
- Parents are encouraged to visit the boarding house as often as they wish. Family members are welcome to join us for dinner or chapel at any time. Positive communication between girls, parents and staff is fostered.

We operate stand alone houses, which accommodate our boarding community. Each house is managed by a live-in Boarding Coordinator, who manages her own team of dedicated staff to meet the needs of the girls.



Read



McCredie



Wheeldon

Who's who in boarding?

Organisation

A highly experienced team of staff cares for the girls in the Boarding School. The positions and roles are as follows:

Head of Boarding

The Head of Boarding is a member of the Senior Leadership Team at Abbotsleigh who regularly presents boarding matters to the Head Mistress and School Council. The Head of Boarding is responsible for the strategic direction and overall operation of boarding. This entails establishing and guiding policy, communication with the parent body, staff matters and student concerns.

Deputy Head of Boarding

The Deputy Head of Boarding plays an integral role in creating a positive and caring culture which encourages and supports the well-being, pastoral care programs and academic programs within boarding. The Deputy Head of Boarding assists the Head of Boarding in all administrative operations of boarding. This includes staffing, policy, compliance, daily administration and organisation and deputising for the Head of Boarding in her absence.



Boarding Coordinators

Boarding Coordinators are the first point of call for parents and provide a central link between the Day and Boarding Schools. This role has a strong wellbeing focus for both the boarders in their care and for their teams of boarding staff, who work closely with the Boarding Coordinator to nurture the spiritual, emotional, and physical development of each individual. Boarding Coordinators play an important role with supporting the academic needs of all boarders to encourage success with their studies. Each Boarding Coordinator has overall responsibility for her own house, creating a warm, supportive, and happy home-like environment, where boarders can rest, relax, make friends, and feel valued as a member of the wider boarding community.

Senior Boarding Assistants

Senior Boarding Assistants support the Boarding Coordinators in their role and deputies for the Boarding Coordinator when they are not on duty.

Boarding Assistants

Boarding Assistants support the Boarding Coordinator and Senior Boarding Assistants in their roles, looking after the day to day needs and pastoral care of the girls.





Boarding house routines

Each of the houses operates with a routine that is designed to suit the development of the girls living in each specific house. The routine may be adjusted at the discretion of the Boarding Coordinator in consultation with the Head of Boarding. The following is an outline of the general routine.

The following should be completed each morning:

- Beds made
- All personal belongings placed in cupboards and drawers provided
- Desks/tables/dressing tables left in an orderly fashion
- Wastepaper bins emptied
- Lights/heaters and all electrical appliances turned off at the power point
- Doors left open

Common areas:

- No personal possessions to be left in the TV/lounge areas
- Kitchen areas to be cleaned and left tidy
- Garbage bins in kitchen areas to be emptied
- Wet towels and swimming costumes are to be placed in appropriate areas

Monday to Thursday

7 am Wake up (Monday, Tuesday, Wednesday, Thursday, Friday)

7.30 am Breakfast in the Dining Room
(Monday, Tuesday, Wednesday, Thursday, Friday)

3.25 pm Return to the house

Street leave may be taken for up to an hour from 4-5 pm

All years are encouraged to wear casual clothes when on street leave from Monday to Sunday

Monday only

5.30 pm	Chapel
6 pm	Dinner
6.30-7.45 pm	Prep, Years 7 and 8
6.30-8 pm	Prep, Years 9 and 10
6.30-9 pm	Prep, Years 11 and 12

Tuesday, Wednesday, Thursday

5.30 pm	All Years in Prep
6.15 pm	Dinner for Years 7, 9 and 11
6.45 pm	Dinner for Years 8, 10 and 12 Prep session 2 for Years 7, 9 and 11
7.15 pm	Prep session 2 for Years 8, 10 and 12
7.30 pm	Prep session ends for Year 7
8 pm	Prep session ends for Years 8, 9 and 10
8.45 pm	Year 7 bedtime
9 pm	Year 8 bedtime
9.15 pm	Year 9 bedtime
9.30 pm	Year 10 bedtime
10 pm	Year 11 and 12 bedtimes (at the discretion of boarding staff)

Friday nights

3.25 pm	Return to house. Organised, pre-approved leave may be taken
6.30 pm	Dinner in the respective boarding houses
8.45 pm	Years 7 and 8 return from leave (if returning tonight)
9 pm	Years 9 and 10 return from leave (if returning tonight)
9.15 pm	Years 7 and 8 bedtime
9.30 pm	Year 11 return from leave (if returning tonight)
9.30 pm	Years 9 and 10 bedtime
10 pm	Year 11 bedtime
10 pm	Year 12 return from leave (if returning tonight)
10.15 pm	Year 12 common area lights out

Saturday

Breakfast at leisure in the boarding houses

1 pm	Lunch in respective boarding houses
6.30 pm	Dinner in respective boarding houses
9.30 pm	Years 7 and 8 return from day leave
9.45 pm	Years 7 and 8 bedtime
10 pm	Years 9 to 12 return from day leave
10.15 pm	Years 9 and 10 bedtime
10.30 pm	Years 11 and 12 bedtime

Sunday

Breakfast at leisure in the boarding houses

1 pm	Lunch in the Dining Room
6.30 pm	Dinner in the Dining Room
8 pm	Years 7 and 8 return from weekend leave
8.30 pm	Years 9 and 10 return from weekend leave
9 pm	Years 11 and 12 return from weekend leave
8.45 pm	Year 7 bedtime
9 pm	Year 8 bedtime
9.15 pm	Year 9 bedtime
9.30 pm	Year 10 bedtime
10 pm	Years 11 and 12 bedtime

Weekend activity program

Boarders are permitted to take leave from the boarding school at any time during the term to visit friends and family (except for the very first weekend of Term 1, which is our whole Boarding School Closed Weekend). Each of our boarding houses provides a Saturday night activity catered to the needs and interests of all girls who are in that weekend. This is determined by the girls and staff on duty and can range from movie nights to hair and nails pampering sessions, a variety of arts and crafts or trivia nights. On Sundays we look to provide opportunities to enjoy living in one of the best cities in the world! Weekend activities programs include watching elite sportsmen and women in the Suncorp Super Netball, NRL and AFL leagues, in addition to trampoline parks, trips to Hornsby, Chatswood and Macquarie for shopping, bowling, laser tag and ice skating, trips to the beach, visits to museums and the city. We also look to develop our connection with local schools along the highway.







Boarding FAQs

Q: How many girls are there in boarding and where do they come from?

A: Our 130 Abbotsleigh boarders predominately come from rural NSW; however, we do have some girls from metropolitan NSW and from overseas. Our international boarding population represents Hong Kong, Papua New Guinea, Vietnam and Macau.

Q: How do you organise rooms?

A: In Years 7-10, girls will share rooms with a variety of different boarders from their year group and change these combinations every term. Rooms vary in size from twos, threes, fours and fives. This provides the opportunity for girls to share with lots of different people from their cohort, helping them to get to know one another and form positive friendships. In Years 11 and 12, girls are allocated a single occupancy room, in which they will remain for their senior years.

Q: What is the food really like in boarding?

A: Boarding school food tends to get a negative press in general; however, the food at Abbotsleigh is great. Boarders can get a hot cooked breakfast three days a week and can also make their own lunches. Lunches range from wraps, sandwiches and salads with plenty of protein and vegetable options. Boarders also get morning and afternoon provided, and these can be sweet or savoury items.

Through our Year Level Leaders, every girl is provided the opportunity to engage in regular feedback on the school menu and advise the Catering Department of any changes they would like. Our menu is then passed to a qualified dietitian for consideration before it is published to the boarding community. All dietary requirements are catered for.

Q: What if my daughter gets homesick?

A: Homesickness is a very common and natural side effect to moving away from home. The length of time one may struggle with homesickness can vary and so there is no one size fits all approach to dealing with it. Should your daughter suffer from homesickness, her

Boarding Coordinator will work very closely with you to implement strategies to help and support her during this time. For most girls, homesickness can be managed with frequent calls home and proactive engagement in school and boarding life.

Q: Whom should I contact if I am concerned about my daughter settling into boarding school life?

A: Your Boarding Coordinator is the main port of call for all matters relating to your daughter while she is a boarder at Abbotsleigh. It is very important that you keep her updated with any concerns you have about your daughter. Your Boarding Coordinator is also the link between parents and the day school. The Head of Boarding is another significant person who is key in the care of your daughter. She collaborates very closely with the Boarding Coordinator, Head of Senior School and other key members of the Senior School Executive to ensure that the boarding school continues to be a vibrant, happy and safe place of our girls to grow and learn together.

Q: Can I visit my daughter when I am in Sydney?

A: Absolutely! At Abbotsleigh we have an 'open door' policy for parents. You are welcome to visit your daughter at any time. We warmly invite you to join us for Boarder Chapel (Mondays 5.30 pm) or a meal (so you can sample the wonderful food for yourself) whenever you are in Sydney. Please just let your Boarding Coordinator know to expect you so we can advise the Catering team. Your daughter is also encouraged to take leave with family and friends on the weekends and also to invite friends into the boarding house to spend time with her there.

Q: What academic support is on offer for my child?

A: All our boarding staff are prepared to support the girls when completing their homework tasks. In addition to this, each house has a designated tutor employed to provide a more individualised focus when it is needed. The tutor for our Years 7 and 8 girls focuses on organisation and time management skills, whereby our Tutor for Years 11 and 12 students has a strong focus on HSC preparations.

In addition to this, Abbotsleigh staff provide a variety of tutoring options for all girls in the School to access. Girls can gain support in

English and Maths during lunchtimes and in after school sessions on weekdays. Boarders can also access academic support in a variety of additional subjects during their own evening prep time. These sessions are facilitated by Abbotsleigh staff and are situated in the school library.

Boarders in Years 7-10 also engage with Elevate Education each term. Elevate Education works with our students to deliver high impact workshops on study skills, motivation, wellbeing and exam preparation, aimed at increasing classroom confidence so that all our boarders can thrive in the classroom.

Q: What support do parents receive?

A: Abbotsleigh values the connectedness and warmth of our parent community. We recognise that families are important partners of the School, and that their involvement and support enriches the learning and educational environment for our students.

The Abbotsleigh Boarder Parents' Association (ABPA) provides an invaluable link between boarders, their parents and the School. Parents volunteer to be Year Coordinators each year and act as vital information channels for the boarding community, as well as help organise boarder parent social events.

Contact the Registrar

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