



St. Francis' College

Boarders' Activity Policy

Introduction

The 'College' refers to all the staff and pupils of the Prep Department and Senior School which includes Early Years Foundation Stage (EYFS), Pre-Prep (Key Stage 1), Prep (Key Stage 2), and Senior School (Key Stages 3-5).

Boarding House Policy

Rationale

St. Francis' College Boarding House aims to inspire boarders to be proactive in enriching their experience and to encourage them to think positively about developing their own capabilities. This is achieved through making the most of College facilities, events and classes held in the local community and outings and visits to locations further away, which enable overseas boarders to experience a little more of the country in which they are being educated.

This policy has been written in line with Part H (Boarders' Development) Standard 18 (Activities and free time) of the Boarding Schools National Minimum Standards (5 September 2022).

Facilities

The College has excellent recreational facilities. These include 4 Common Rooms with snack-making facilities, a boarders' kitchen, 'calm' room (Chapel) and areas in which musical instruments may be practised. The Theatre and Chapel are accessible and the College grounds provide further leisure amenities such as tennis courts, sports field and swimming pool. (NMS 18.1).

The College library has ICT provision; the Boarding House Games Room has a flat screen digital TV, with access to Amazon Prime; Disney + and Netflix (NMS 18.5).

Local facilities such as Tennis and Badminton clubs, Leisure Pool, Fitness Centre, cinema and riding stables are easily accessible and well-used by boarders during their free activity time.

Provision

Leisure Activity Programme (NMS 18.2)

St. Francis' College offers a variety of activities for boarders both during the weekday evenings and at weekends. At these times certain activities are provided on a regular basis to ensure boarders are able to achieve the optimum balance of study, leisure and relaxation time within the College and the local environment.

Participation is monitored and activity choices reviewed in the light of the needs and wishes of young people of today. Boarders are consulted, initially filling in tick-lists of things they would like to do. Boarders work together with staff through the Boarders' Council, to construct an appealing and varied activities programme.

By its very nature the programme has a built-in adaptability. It is constantly evolving and subject to change/improvement as boarders themselves input ideas on a steady basis. This active involvement by the boarders ensures participation levels and enthusiasm remain high.

The present programme encompasses individual choice and an acceptance throughout the Boarding House that there are indeed benefits in committing to regular weekday activities, such as swimming club; tennis; yoga and zumba.

The Boarding House Activity Programme has a **2-fold structure** to meet the needs of the different age-groups.

- A flexible programme incorporates a wide variety of leisure time experiences to suit the needs of **senior boarders**.
- A fixed weekly timetable of activities incorporates activities to suit the needs of boarders from **prep school age to sixth form**.

Each programme aims

- to introduce the boarders to a wide variety of leisure pursuits
- to enable individuals to acquire practical skills in areas of interest they have chosen themselves
- to develop existing interests, furthering more advanced skills with time
- to stretch the capabilities of each boarder
- to help boarders to acquire valuable life skills
- to create a spirit of community service. Through activities in each programme, boarders will naturally become more involved in the world around them. Charity and teamwork will help them to develop an awareness of the needs of others.

Academic Support

- Resident Academic tutors are available to all boarders, particularly younger girls.
- The existence of a lively and fulfilling activity programme does not preclude boarders from attending to their studies. It serves to enrich their minds and teach them the importance of planning breaks into their work schedules in order to refresh minds and bodies.
- Support for Prep Boarders' workload will always be as agreed with Prep staff and will include practice in reading and other key skills.

Social skills, living skills and resilience (NMS 18)

Time and areas are set aside within the College for individuals to benefit from 'down-time', rest and relaxation and/or meditation or contemplation.

The chapel is available for personal prayer and contemplation.

Practice and Procedures of the Boarding House Leisure Activity Programmes Key

Features

- Individuals make independent choices.
- The emphasis is on leisure and culture. Enjoyment and fun are key elements.
- Flexibility. Visits and activities change each term to suit the season and weather.
- Varied experiences. A number of impromptu outings are included as is often the case when the boarders are with family. e.g., picnics, fruit picking, visits to the cinema, or to local craft fairs.

Accountability

- The Boarding Staff plan the programme in collaboration with the Boarders' Council and individual boarders.
- The Head of Boarding will update boarders, parents and guardians each term. Parents will be invited to give written permission for their daughter to attend names trips, before the trip takes place.
- Monitoring of trip participation is carried out on an ongoing basis and feedback is invited from individuals on each trip.
- The Head of Boarding undertakes to inform parents and/or Guardians regarding any risk factors anticipated in any activity.
- Consent forms signed by parent or Guardian are required for any high risk activity before proceeding. These will be sent out along with the activity details.
- **Costs** will be minimal. Tasters will be funded by the College and therefore free to the girls. More expensive excursions, such as visits to a London Theatre or a visit to a theme park will be charged to parents. The Head of Boarding undertakes to ensure Parents/and/or Guardians are informed in respect of anticipated and actual costs where these are relevant.

Outline Programme of Activities for Boarders of Senior School age Key

Feature

Weekend trips and activities are planned to provide a balance between the following areas of interest:

- Educational – museums, zoos, exhibitions, preliminary research projects
- Spiritual – visits to cathedrals, mosques, temples
- Cultural – art galleries, theatre, exhibitions
- Social – shopping, offsite sporting venues, adventure theme parks
- Charity or group memberships - Boarders are encouraged to volunteer to engage in charity work, Join the Duke of Edinburgh Award Scheme and participate in the local community.
- Sixth Form Boarders have the opportunity to take part in the Model United Nations.

Key Features

Routine is the key feature. Week by week skills gradually build up, resulting in feelings of achievement.

Self-confidence develops naturally when the students see that their ideas are valued.

The making of gifts creates a positive link between House and home and charity efforts encourage the younger boarders to think of others and to attempt to appreciate their needs. Healthy competition is fostered. The coping strategies of relaxation techniques are explored to give strength in all aspects of the boarders' daily lives.

Flexibility in the provision of weekday evening activities is inbuilt. School work must come first and the provision of adequate sleep-time is essential. Therefore, on many weeks the major activity events will be at the weekends. Outings are an integral part of the students' programme.

Weekday Evenings in the House are times to

- Study – with the help and support of the resident Academic Tutor
- Practice instruments – in House or school practice rooms
- Exercise and recharge the batteries
- Indulge in a favourite hobby or learn new skills
- Have fun in the company of friends
- Catch up with family and friends at home or elsewhere

Reviewed By:	Head of Boarding
Authorised By	Head
Effective From	December 2022
Next Review Due	December 2024

Typical weekly activities on offer to Boarders are included in the revised Boarders information booklet (Sample)

<i>Weekly activities new for the academic year (Sample) After school/study /after supper</i>	
Monday	Arts and Crafts
Tuesday	Swimming, Sports; ; Gym or in Summer, outside facilities
Wednesday	Boarding House meetings
Thursday	Baking
Friday	Movie Night
Saturday	Boarders' weekend trip or event, e.g. Halloween or Christmas party
Sunday	Personal worship; weekend trip or activity, e.g. swimming or gardening

The weekend programme of activities and trips is planned in advance and is designed to be fully inclusive and open to all Boarders. Boarders have the opportunity to make particular requests for trips and activities they would enjoy.

Boarders will also have time at the weekend to attend church, carry out personal study, visit friends and family and for personal organization.