



寄宿家长手册

Boarding Parent Handbook



WELLINGTON COLLEGE
CHINA
惠灵顿(中国)



南通惠立学校
HUILI SCHOOL NANTONG



目录

Contents

- 4 欢迎
WELCOME
- 6 双语体验
A BILINGUAL EXPERIENCE
- 8 使命
MISSION STATEMENT
- 10 设备设施
FACILITIES
- 12 沟通
CONTACT WITH HOME
- 14 健康安全
HEALTH AND SAFETY
- 16 常规日程安排
ROUTINES
- 20 行为准则
CODE OF CONDUCT
- 23 活动和自习
ACTIVITIES AND PREP
- 24 生活物品
WHAT TO BRING

欢迎

WELCOME

PENNY MULHOLLAND, 马坚以及整个寄宿团队 欢迎您来到寄宿学院！

HELLO AND WELCOME TO BOARDING FROM
PENNY MULHOLLAND, JANE MA AND THE BOARDING TEAM.



寄宿学院的目标：为 21 世纪培养具有全球化视野的中国公民。

寄宿学院不仅仅是一个学院，它还是孩子们的第二个家。我们希望孩子们能融入到寄宿大家庭，在这里健康成长。寄宿员工就是孩子们在寄宿学院的家长。我们会倾听、引导、激励和提醒您的孩子每天都要践行惠立的价值观。

我们会利用建立稳固关系的专业经验和知识为您的孩子创建一个集学习、休息和娱乐于一体的温馨的家。

寄宿员工（他们都是惠立教师）将树立榜样，鼓励您的孩子成为领导者，勇敢面对挑战，并帮助他们融入到学校和寄宿大家庭中来。

学生和员工将在寄宿学院获得愉快的体验。我们所有人都有责任确保惠立价值观在寄宿学院中得到充分展现。

寄宿员工的工作是一份成就感和高要求并存的工作，因为我们需要同时运用传统和先进的寄宿管理经验，让寄宿生能够应对生活中可能面临的挑战和机遇。这是一次全面的体验，将是每个孩子（和员工）在寄宿期间的独特旅程。

在寄宿学院，我们鼓励：

- 学术卓越
- 个人成长
- 个人特质
- 独立
- 团队精神
- 责任

Aim of the Boarding House: To Develop Chinese citizens of a global world for the 21st century.

The Boarding House is more than a house, it is a home. It is a home where we expect children to bond and grow into a weekday family. We act in loco parentis, to listen, guide, motivate, advise and inspire your children to live the Huili values day to day.

Our experience and expertise in building strong professional relationships will help to establish a home where your children can work, rest and play.

Boarding staff (who are all teachers at Huili) will be role models, encouraging your child to become a leader, offering them challenges and supporting them as they embrace life in school and at home.

Boarding will be an enjoyable experience for both children and staff. We all have a responsibility to ensure that the Huili values are fully adopted in the Boarding House.

The position of a boarding team member is both exciting and demanding as we offer both a traditional and progressive experience to equip boarders for the challenges and opportunities they may face in their lives. This is a holistic experience which will be a personal journey for each child (and staff member) in boarding.

We encourage:

- Academic excellence
- Personal growth
- Personal identity
- Independence
- Team Spirit
- Responsibility

双语体验

A BILINGUAL EXPERIENCE

孩子们将会在英语和中文之间自由切换；用他们觉得最舒服的语言进行交流，有时会同时使用这两种语言。寄宿团队将鼓励和支持惠立的双语理念。

The children will learn to express themselves in both English and Chinese; they will communicate in the language they feel comfortable to use. Sometimes this will be both languages simultaneously. The boarding team will encourage and support the bilingual ethos of Huili.



使命

MISSION STATEMENT

寄宿体验旨在支持孩子的发展。这是通过对全人教育的践行实现的；全人教育培养下的学生拥有如下特质：

积极、慎思、独立、个性、包容

全人教育理念在寄宿学院贯彻始终。

寄宿将会教授学生宝贵的人生体验，培养学生至关重要的独立性、自信和团队精神，将学习体验提升到了更高一层。寄宿给予强烈的社区感和归属感。在这个年龄段，很少有这样的体验能教给我们如此有价值的东西，或能如此成功地建立自信。

寄宿学院将是一个安全可靠的社群。它将鼓励学生通过学术进步、文化理解 and 自我充实成为一个个充满活力的个体。多样化、有组织的活动使学生能够专注于他们的学术任务，同时又激发他们的个人爱好。寄宿团队将鼓励学生茁壮成长，发展终身友谊，学习如何与形形色色的人互动，并汲取全人教育，使得学生能在社会、学术和道德方面自主发展，作出积极的选择和承担责任。

寄宿学院旨在培养学生的韧性、对他人的理解和具有共情能力。惠立学生将成为全球公民，具备拥有丰富人生的所有技能。

在管理严格的寄宿项目中，关注学生的福祉是我们的首要任务。该项目由寄宿导师监督。作为一个有经验的团队，我们有信心给学生提供世界一流的服务。我们也鼓励家长积极参与到我们的寄宿活动中来。

The boarding experience is designed to support the development of your child. This is achieved through our commitment to holistic education; pupils who are:

INSPIRED, INTELLECTUAL, INDEPENDENT, INDIVIDUAL, INCLUSIVE

This holistic ideal is enhanced through boarding.

Boarding teaches valuable lessons for life, developing vital independence, self-confidence and teamwork, lifting the whole student experience to another level. There is a powerful sense of community and belonging in a boarding environment. Few experiences at this age can teach such valuable things or can build self-confidence quite so successfully.

The Boarding House will provide a safe and secure community. It will encourage students to become vibrant individuals through academic growth, cultural understanding and personal enrichment. A structured and varied programme of activities will be offered, allowing pupils to focus on their academic work as well as supporting their individual passions. Students will be empowered to develop socially, academically and morally, encouraging positive choices and taking responsibilities. The boarding team will encourage students to thrive, develop lifelong friendships, learn how to interact with different people and enjoy the many facets of a broad education.

The Boarding House aims to foster resilience and develop a sense of understanding and compassion for others. Children will grow into global citizens equipped with all the skills to enable them to lead rich and fulfilling lives.

Our priority is to focus on the well-being of the individual within a carefully managed boarding programme, overseen by the house mentors, who as a team are determined to deliver a world-class service. We also encourage close parental involvement in our boarding programme.



设备设施

FACILITIES

住宿

寄宿学院的选址特意与学校的主体建筑分开。寄宿学院一共有七层，男女生分区。师生比例很高，这是为了更好地挖掘学生的潜力。

学生生活和安全一直是寄宿学院考虑的一个重要事项。整个寄宿学院采用门禁系统。学生只能通过刷自己的学生卡进入自己所居住的楼层。整栋楼的走廊和公共区域都安装了监控系统。寄宿学院经过了精心设计，确保学生能够使用所有现代化设施和功能，让学生感觉舒适和被呵护。

房间

在低年级阶段，您的孩子将与其他三个孩子共享一个房间。孩子进入高年级阶段将与另一个孩子共享一间房间。我们尽量把同龄的孩子安排在一起。

通过寄宿，您孩子的人际交往和组织能力将得到进一步发展。每个孩子都有自己的个人空间，可以存放他们的个人物品和衣物。希望他们：

- 物品收拾整齐，保持房间整洁
- 尊重室友的个人物品和空间
- 理解室友需求
- 必要时进行商量与谦让

所有上述技能在成年人的生活中都是至关重要的。寄宿体验将为孩子们将来在社会和职业上取得成功而做准备。

ACCOMMODATION

The Boarding House is purpose built and is separate from the rest of the school. It provides accommodation over seven floors, with separate wings for each gender. The ratio of adults to children is high to better promote the potential for enrichment.

Pupil care and safety has been a key feature of the boarding house design. It includes a secure door system with ID integrated into the building. Pupils can only access their own floor using their ID card. The building is fitted with CCTV throughout the corridors and common space. The comfort and care of pupils is important, and the boarding house has been specifically designed to ensure that pupils have access to all the modern facilities and features expected.

Rooms

Your child will share a room up to three other children in lower grades and with one other child as they progress through the school. We aim to keep similar age groups together.

Your child will develop interpersonal and organisational skills. Each child will have their own space in which to store a few possessions and clothes. They will be expected to:

- put things away and be tidy
- respect their roommates' belongings
- acknowledge their roommates' needs
- compromise and negotiate if necessary.

All the above skills are vital in adult life in order to be successful in the future, both socially and professionally.

室友通常会成就终身友谊。他们会成为朋友，成为彼此力量和支持的源泉。他们能在寄宿生活中学会与他人相处的技能。室友间通常把彼此视为家人；像任何家庭一样，家庭成员间会有摩擦和分歧，但更多的是欢声笑语。

学生们可能会希望带一些个人物品，如可爱的玩具或照片，使他们的房间更有家的感觉。学生需自带床上用品，这样能根据自己的喜好布置自己的床铺。你的孩子每天需要自己铺床。我们的床垫尺寸为 90cm x 195cm。

我们会在孩子报到当天与他分享房间的分配情况。另外，在没有特殊情况下，房间的安排整个学年将不会有变动。

经验丰富的寄宿员工将帮助学生尽快地适应寄宿生活，确保学生熟悉寄宿学院的常规和期望。这些常规和期望与学校要求也是相一致的。有些孩子会很快适应，有些孩子可能需要更多的时间来适应，但我们会一起努力，尽快让每个人都有宾至如归的感觉。

Roommates will become friends, often for life. Roommates will be a source of strength and support for each other. Learning to live with new people takes skill and practice. Roommates often identify each other as family; like any family, there will be challenges and disagreements but there will also be lots of love and laughter.

Students may wish to bring some personal items such as a cuddly toy or photos to make their room feel more like home. Pupils should bring their own bedding so that they personalise their space. Your child will make their own bed each day. The mattresses on the beds are 90cm x 195cm.

Upon arrival each pupil will be allocated a room, and they will stay in the same room throughout the academic year. Room plans will be shared with the students when they arrive during orientation.

The experienced staff will help with the settling-in process to ensure pupils become familiar with the boarding house routines and expectations which align with those of the school. Some children will adapt immediately, others may take more time to settle but we will work together to help everyone feel at home as quickly as possible.

沟通

CONTACT WITH HOME

对于任何年龄的孩子来说，离开家进入寄宿环境都是人生中的一大步。孩子们可能想与家人联系，我们会安排时间让孩子联系。孩子可以使用寄宿办公室的电话来联系家人，但他们也可以在规定的时间内使用自己的手机或电话手表。在参加活动的过程中，孩子基本不会联系家人。我们将通过钉钉与家长们分享孩子们的寄宿生活。

如果孩子（以及父母）有任何担忧，都欢迎与寄宿团队沟通。顺畅的沟通至关重要，因为它有助于我们更好地理解并帮助您解决问题。

在寄宿时您的孩子通常会与朋友相处得很开心，但偶尔他们也会产生一些小情绪。如果有适当的支持，这些小小的情绪可能会很快过去。让孩子们知道，生活中遇到挑战是正常的，他们要做的就是及时寻求寄宿员工的支持。请家长协助我们一起鼓励孩子们自己尝试解决问题。

如果你对您的孩子有任何担心，请立即与我们联系。越早联系，问题就越容易得到解决。

与寄宿员工联系的最简便方式是通过钉钉。您可以通过钉钉与寄宿学院进行快速、便捷的沟通。我们会快速回复所有信息。如遇紧急情况下，请直接致电寄宿学院办公室。

Moving away from home and into a boarding environment is a big step for a child of any age. Children may wish to contact home and there will be time set aside for this to happen. Children are welcome to use the boarding office phone to contact home, but they can also use their own mobile phone or smart phone during the permitted time. Please remember that when children are engaged and involved in activities, they may not need to contact home. We will keep you informed of activities through DingTalk.

Children (and parents) should speak to a member of staff if they are worried about anything. Communication is vital as it helps us to assist students to find a solution.

Remember that your child will generally be having lots of fun and enjoying their time in boarding with their friends but there may be times when they become upset. Remember that with the right support, this is likely to pass. Reassure them it is normal to meet challenges in life, and that they should seek support from a member of staff within the house. Help us to encourage them to work through any problems.

Please contact us immediately if you are concerned in any way about your child, it is much easier to help to solve things at the time.

The easiest way to contact staff in Boarding House is through DingTalk, which is used at the school and enables fast and easy communication with the boarding house. We aim to reply to all messages quickly, but we suggest that in an emergency you call the boarding house office directly.



健康安全

HEALTH AND SAFETY

健康

您孩子的健康和安全性是我们工作的重中之重。我们会有护士 24 小时在岗，给孩子提供全方位的健康关怀。

生活老师也是我们团队的重要一员，帮助您孩子完成起居常规，并给予生活关怀。

为了让整个寄宿团队能够更好地照顾您的孩子，我们需要您及时提供孩子的准确和最新的医疗信息。请确保在报到前，填写学校提供的表格，告知我们您孩子的全面健康信息。

我们还确保寄宿员工具备基本的急救知识，如发生紧急情况，他们能够提供应急支持。

药物

所有处方药必须在报到时由家长直接交给护士。药物必须是原始包装，清楚地标明孩子的姓名与用量。学生不得在校园内携带或留有任何其他药物。

请注意，校医团队应有最新的医疗记录（包括一年级学生的疫苗接种记录），这是入学要求。

紧急医疗情况

您孩子的健康对我们非常重要。如果您孩子身体不适，他们会去保健室就诊。护士将对孩子的身体健康状况进行评估，必要时联系家长。

HEALTHCARE

The Health and Safety of your child is central to our work. A nurse is always on call after the normal school day and overnight.

The matron is also a crucial part of our team who helps with routines and helps to care for your child.

For the team to be able to care for your child properly, it is vital that we have accurate and up-to-date medical information about your child. Please ensure that all information is shared using the forms provided by the school prior to arrival.

We also ensure that all boarding staff have basic first aid knowledge and understand clear protocols if an emergency occurs.

MEDICATION

All prescribed medication must be handed directly and immediately to the nurse by the parent on arrival. The medication must be in its original packaging clearly labelled with the child's name along with the prescription. Pupils must not bring or keep any other medication on campus.

Please be reminded that it is a requirement for entry that the nurse team have up-to-date medical records including vaccination records for G1 pupils.

MEDICAL EMERGENCIES

Your child's health is very important to us. If your child becomes unwell, they will visit the nurse in the healthcare centre. The nurse will assess the child and contact parents if necessary.

Children with a fever must be collected by a parent and remain at home until fever-free for 48 hours without taking fever medication.

发烧的孩子须由家长接回。在退烧后且没有服用退烧药物的情况下，满 48 小时后方可回校。

有持续病症或腹泻症状的孩子也须从寄宿学院接回家中，直到无症状后，满 24 小时方可回校。

为了确保阻断病毒和疾病传播，寄宿学院需要您把生病的孩子带回家中护理。如果您无法接回自己的孩子，请确保提供给我们其他紧急联系人的详细信息（如有新冠疫情，我们会遵照当地教育局的要求）。

如果您的孩子意外受伤需去医院，有经验的寄宿员工将陪同其左右，并尽快与您取得联系。

校外就医

如果您孩子需要校外就医，请直接联系我们。我们希望能尽可能将预约安排在周末，而不是上学期间。

Children with ongoing symptoms of sickness or diarrhoea must also be collected from boarding and remain at home until they have been symptom-free for 24 hours.

We advise you to take your child who is sick home because we must reduce the spread of viruses and illnesses. If you are unable to collect your own child, please ensure that we have the details of an additional emergency contact.

(For COVID-19, we follow the guidance from the Local Education Bureau.)

If your child has an accident and needs to go to hospital in an emergency, a trained person will accompany them, and you will be contacted as soon as possible.

EXTERNAL MEDICAL APPOINTMENTS

Please contact us directly if your child needs to attend external medical appointments for any reason. We request that, wherever possible, appointments are arranged during the weekends rather than during the week.

生活导师联系方式 Contact details for Matron

刘瑶 Yao Liu yao.liu@huilieducation.cn

护士 Nurses

郝娟 Maureen Gao maureen.gao@huilieducation.cn

张婷 Ting Zhang ting.zhang@huilieducation.cn

宋清清 Alice Song alice.song@huilieducation.cn

寄宿学院 Boarding House 0513-68078817-58071

保健室 Healthcare Centre 0513-68078817-58053

常规日程安排

ROUTINES

星期一至星期四 | Monday - Thursday

时间 Time	G1 - G2	G3 - G5	G6 - G7
6:45 - 7:15	起床 Get up		
7:15 - 7:45	早餐和准备上学 Breakfast and Prepare for School		
16:50 - 17:30	换上便装和练乐器或阅读 Change into own clothes and Music practice or Reading		
17:30 - 18:00	晚餐 Dinner		
18:00 - 19:30	自习时间 (最后 10 分钟点心时间) Prep (last 10 mins snack time)		
19:30 - 20:15	淋浴更衣 Shower and change into Pyjamas	自习 / 活动时间 Additional study/Enrichment time	自习 / 活动时间 Additional study/Enrichment time
20:15 - 20:45	睡前阅读 / 熄灯 In bed reading/ Lights out	淋浴更衣 Shower and change into Pyjamas	自习 / 活动时间 Additional study/Enrichment time
20:45 - 21:15	睡前阅读 / 熄灯 In bed reading/ Lights out		淋浴更衣 Shower and change into Pyjamas
21:15 - 21:45			睡前阅读 / 熄灯 In bed reading/ Lights out

星期五 | Friday

时间 Time	G1 - G2	G3 - G5	G6 - G7
6:30 - 7:00	起床 Get up		
7:00 - 7:45	早餐和准备上学 Breakfast and Prepare for School		
15:30 - 16:00	放学 Pick up		
星期日 Sunday			
时间 Time	G1 - G2	G3 - G5	G6 - G7
18:30 - 19:30	到校 Arrival		
19:30 - 20:15	淋浴更衣 Shower and change into Pyjamas	自习 / 活动时间 Additional study/Enrichment time	自习 / 活动时间 Additional study/Enrichment time
20:15 - 20:45	睡前阅读 / 熄灯 In bed reading/ Lights out	淋浴更衣 Shower and change into Pyjamas	自习 / 活动时间 Additional study/Enrichment time
20:45 - 21:15	睡前阅读 / 熄灯 In bed reading/ Lights out		淋浴更衣 Shower and change into Pyjamas
21:15 - 21:45			睡前阅读 / 熄灯 In bed reading/ Lights out

接送

南通惠立学校提供周住宿。家长须在周五接孩子，周日再把孩子送回学校。

寄宿生家长在每周五下午 3:30 接寄宿生。接领时，家长须向负责的寄宿员工出示监护人卡。

如果您无法亲自接您的孩子，请安排其他人，以确保您的孩子按时接走。提前与我们沟通所有替代安排非常重要，这是为了确保您孩子能顺利安全地接走。

请确保每周五下午 4 点前接走您的孩子。

每周日晚上 6:30—7:30 之间返校。请通过西门开车进入校园，并在 Y 楼北侧的门外停车。如果您无法在规定时间内送孩子返校，请在每周五下午 5 点前告知寄宿办公室您孩子返校的日期和大致时间。

家长请小心驾驶和停车，务必确保学生的安全。

您的孩子可在周一上午返校。他们应在早上 7:00 至 7:30 之间返校，须将自己的物品直接拿到寄宿学院。如果您的孩子在早上 7:30 之后到达，他们须将行李箱带到教室。

所有学生都须在学期开始前一晚到达寄宿学院参加报到。

如果您需要在上学日周中的晚上接孩子，请至少提前 48 小时通过电子邮件通知寄宿学院办公室。学生须在晚上 7:30 前返校；如果 7:30 之前无法返校，请在第二天早上将您的孩子送回学校。

DROP OFF AND COLLECTION

Huili School Nantong offers weekly boarding. This means parents must collect their children at the end of the school week and drop them off again at the start of the next week.

Parent collection time for boarders is from 3:30pm on Friday. When collecting, a guardian's badge must be presented to the member of staff responsible for dismissing their child.

If you are unable to collect your child in person, please make alternative arrangements to ensure your child is collected on time. It is vital that all alternative arrangements are communicated with us in advance to ensure a smooth and efficient dismissal and the safety of your child.

Please aim to collect your child by 4:00pm.

Drop off each week is on Sunday evening between 6:30pm – 7:30pm. Please enter the school campus via west gate and park outside the door on the north side of Building Y. If you are not able to have your child returned within the stipulated times, please notify the boarding office by 5pm on the previous Friday about the day and approximate time your child will return.

We request that parents are mindful of children's safety. Please drive and park your vehicle carefully.

It is possible for your child to return to boarding on Monday morning. They should return between 7:00am to 7:30am when they must bring their belongings straight to the boarding house. If your child arrives after 7:40am they must take their suitcase to the classroom.

All children must arrive at the boarding house the night before a semester starts for orientation.

If you need to collect your child during a weekday evening, please notify the boarding house office at least 48 hours in advance by email. Children are expected to return by 7:30pm; if this is not possible, please return your child to school the following morning.



行为准则

CODE OF CONDUCT

寄宿学院员工力求营造一个安全、有意义的寄宿环境。所有员工和寄宿生都应始终表现出最佳的行为举止，体现惠立的价值观念。

所有学生和员工应：

- 始终尊重他人、他人物品、寄宿环境和学校
- 准备倾听并尊重他人的意见
- 确保你的行为和态度让每个人都感到安全
- 礼貌、友好、真诚
- 遵守寄宿常规日程，有时间观念
- 善意对待他人

在寄宿方面，我们的目标是激励、认可积极的选择。我们将鼓励孩子始终展示惠立的价值观念，并协同合作。

The Boarding House staff seek to make the house a safe, secure and purposeful environment. All staff and boarders are expected to always demonstrate the best standards of behaviour and good manners, showing the huili values.

All pupils and staff should:

- Always be respectful towards people, their belongings, the house environment and the school
- Be prepared to listen to and respect the opinions of other people
- Ensure that your actions and attitude keep everyone feeling safe and secure
- Be polite, friendly and open with each other
- Follow the boarding routine ensuring good timekeeping
- Treat others as you would wish to be treated

In boarding, our aim is to promote, recognise and acknowledge positive choices. Children will be encouraged always to show the Huili values, and work collaboratively together.

电子产品

在寄宿学院，我们认为玩耍、放松和与他人互动是很重要的。为了践行这一点，我们有明确的可接受的电子产品使用政策。我们希望孩子们有时间建立良好的关系，发挥想象力，学会如何和他人商量和谦让。

学生可自携学习设备（BYOED）到学校。智能手表在上学期间不可以使用。

所有电子设备在返校时须上交。学生可以在每天20:45到21:00之间使用手机或智能手表和家长联系。所有电子设备必须贴上名字、申报并交给寄宿员工存放在一个安全的地方。

如果学生因非学习需要多次使用自携学习设备，自携学习设备有可能被禁用，并有可能通知家长。所有自携设备必须每天晚上上交，并在夜间充电；每天早上学生取回设备用于学习之用。经寄宿员工同意，学生可使用寄宿办公室电话打电话回家。

食物

食物对我们所有人都非常重要，尤其是对成长中的孩子。寄宿生每天在学校餐厅享用三顿健康餐。如果吃完后还觉饥饿，可以再去添加。我们希望我们所有的孩子每天都吃早餐、午餐和晚餐。

周日晚上学校不提供晚餐；请确保您的孩子在返校前已用餐。

晨间和下午休息期间，有清淡健康的点心供应。如果您希望给您的孩子带一些食物，建议的食物如下：

- 纯牛奶
- 水果干
- 酸奶
- 营养能量棒（无坚果）

ELECTRONICS

In the boarding house, we believe it is important to have time to play, relax and interact with others. In order to do this, we have a clear acceptable use of technology policy. We want children to have time to develop good relationships and to play imaginatively as well as developing skills of negotiation and compromise.

Children are permitted to bring their own educational device (BYOED) to campus. Smart watches are not permitted during the school time.

All devices are collected in on arrival at boarding. Children can access their mobile phone or smart watch between 20:45 and 21:00 each day. All devices MUST be named, declared and handed in to boarding staff. They will be locked away each day in a secure place.

If a student repeatedly uses their device for non-educational purposes, it may be removed, and parents may be informed. All BYOED devices must be handed in each evening and charged overnight; they will be collected each morning for use at school. Children can use the boarding office telephone to call home with the permission of a staff member.

Food

Food is very important to all of us and particularly growing children. Boarders are provided with a choice of three healthy meals a day which they eat in the school canteen. If children are hungry at mealtimes, they are welcome to return for more food, there is always plenty of choice. We expect all our children to eat breakfast, lunch and dinner each day.

On Sunday evening, dinner will not be provided; please ensure your child eats before they arrive back to boarding.

Light, healthy snacks will be provided for children during morning and afternoon breaks. If you wish to send additional food with your children, suggested snacks include:

- Pure milk
- Dried fruit
- Yoghurt
- Nutritional bars (nut free)

洗衣

我们寄宿学院有洗衣房，以备不时之需。您应确保每件衣服都写上您孩子的英文 / 拼音和中文姓名。我们建议学生每周把衣服带回家洗。请准备一个洗衣篮放需要清洗的衣服。

如需在宿舍洗衣服，我们鼓励寄宿生自己洗，培养责任感。

床上用品每月末带回家清洗。

校服店

有关校服要求的详细信息和线下校服店的信息，请参见家长手册。

校服须在开学前购买。

着装**上课期间：**

每天早上，学生应穿上全套校服，随身携带上学所需的运动装备和学生卡。请确保您的孩子有足够一周穿的校服、运动服和游泳服。

放学后：

放学返回寄宿学院后，学生应换下校服，然后换上自己的便服。请根据气温变化来准备合适的便服。

就寝：

学生应穿合适的睡衣。去宿舍公共区域前，请套一件宽松的衣服。淋浴时请穿拖鞋。

LAUNDRY

We are lucky to have laundry service on site in case of emergencies. Please ensure that each item of clothing has the name of your child in both English/Pinyin and Chinese. We encourage pupils to take their laundry to complete at home each week. A laundry basket needs to be prepared for putting unwashed clothing.

We will encourage pupils to take responsibility for their own laundry as part of their life in boarding if it is necessary to wash their clothes.

Bedding must be taken home and washed at the end of every month.

UNIFORM SHOP

Full details of uniform requirements and information about the onsite uniform shop can be found in the main Parent Handbook.

Uniform should be purchased in advance of arrival to the school.

WHAT TO WEAR**DAYTIME:**

Each morning pupils will get dressed into their full school uniform and take any sports kit they need to school and the student ID card with them. Please make sure your child always brings enough school uniform, sports kit and swimming kit to last them throughout the week.

EVENING TIME:

Pupils are expected to change out of their uniform into more casual clothes on their return to the boarding House at the end of the school day. Please consider the temperature when packing casual clothes and make amendments according to this.

BEDTIME:

Pupils are expected to wear suitable nightwear, such as pyjamas. Please also bring a dressing gown to wear if children are outside the bedroom, and shower shoes to wear when showering.

活动和自习

ACTIVITIES AND PREP

自习

在自习课上，寄宿生有老师辅导学习、帮助规划和安排学习，这是寄宿的一个突出优势。每天都有固定的自习时间，以确保所有寄宿生都能完成家庭作业，研究并拓展对课堂上学到的主题的理解，或预习下一节课的学习内容。他们也可以利用这一机会进行阅读获得乐趣或进行进一步研究。

所有学生将在值班教师的监督下，在寄宿学院的公共活动室完成自习。值班教师在那里为学生提供支持，并帮助他们保持专注和完成作业。

寄宿活动

每天晚上都会组织寄宿活动。活动多种多样，这是一个让学生尝试新事物和在不同领域挑战自己的机会。更重要的是，活动让学生和教师之间有互动的机会，在自然情况下培养他们的沟通技能。

我们的活动是经过精心组织的，但它们也是休闲时间的一部分。日常活动包括运动、艺术和手工、数学游戏、阅读、棋盘游戏和游泳。活动由值班教师和寄宿导师共同组织，因此所有孩子可以在一周内参加各种活动。

我们还为您的孩子提供练习乐器的机会。如果孩子希望利用活动时间每周练习一次，我们将尽力为他们提供机会。这个时间将被固定，这意味着孩子会错过其他活动。热衷音乐的小音乐家们可以利用他们的自由活动时间在寄宿员工值班的地方练习。

学生将能够选择他们参加的活动，包括必要时延长自习的时间。

通过为所有学生组织的活动，我们很好地用到了各种学校设施。寄宿是一种令人愉悦和丰富人生的体验，我们欢迎学生对晚间活动献计献策，鼓励寄宿生参与到决策过程中来。

PREP TIME

It is a distinct advantage for boarders who have adults on hand to help with their learning, planning and organisation. Each day, there is dedicated prep time to ensure that all pupils can complete their homework, to research and extend their understanding of a topic they studied in school or to do some pre-learning in preparation for a lesson they know is coming up. They can also use this opportunity to read for pleasure or for further research.

All students will complete prep in the boarding house common area, under the supervision of duty teachers. Staff are there to support pupils and to help ensure they remain focused and on task.

BOARDING ACTIVITIES

Boarding activities are organised each evening. We offer a range of activities, and it is a time which offers an opportunity for pupils to try out new things and challenge themselves in different areas. Most importantly, activity time encourages interaction between students and teachers, where their communication skills will be developed in real situations.

Activities are structured but they are part of the relaxation time. Daily activities include sports, arts and crafts, maths games, reading, board games and swimming. The activities are led by both duty teachers and boarding mentors, so all children can take part in a wide range of offers throughout the week.

We also offer planned opportunities for your child to register their interest in practising their musical instruments. We endeavour to offer each child should they wish an opportunity to practise once a week during activity time. This time will be set and may mean the child can miss other activities on offer. Keen musicians may use their free time to practise each day in areas where staff are on duty.

Students will be able to choose the activities they join, including an option for extended prep sessions, if required.

The activities for all pupils provide an opportunity to make use of the wide range of facilities on offer. Boarding is designed to be an enjoyable and enriching experience, and we are open to suggestions for evening activities, so we encourage our boarders to be involved in the decision-making process.

生活物品

WHAT TO BRING

孩子们可能愿意与他们的朋友分享，而你们须确保他们的所有物品都清楚地标明他们的名字，尤其是校服，因为所有的孩子的校服都是一样的款式。还请注意天气情况，另外的孩子应能够独立携带物品。我们建议您孩子带以下物品，所有物品均应标有您孩子的英文 / 拼音和中文姓名：

Children may wish to share with their friends, but you must ensure that all their belongings are clearly marked with their name. This is especially important for uniform as it is all the same. Please also be mindful of the weather conditions and that your child should be able to carry their items independently. We suggest that your child brings the following items, which should all be labelled with your child's English/Pinyin and Chinese name:

必需品 Essential	非必需品 Optional
浴巾 Towel	口罩 Face masks
当季的被子和被罩 (被罩每两周带回家清洗) Appropriate quilt and quilt cover for each season (cover to be taken home to wash every two weeks)	零食 (纯牛奶、水果干、酸奶和无坚果的营养能量棒) Snacks (pure milk, dried fruit, yoghurt, not-free nutritional bars)
枕头 (每个学期末带回家清洗) Pillow(s) (to be taken home to wash at the end of each semester)	毛绒玩具 Soft toy
床上用品 90cm 宽 *195cm 长 (单人床): 床单、枕套 (每两周带回家清洗) Bedding 90cm(W)*195cm (L)(Single): Sheet, pillowcase(s) (to be taken home to wash on the last Friday of each month)	个人用品: 护发素、香体剂、润肤乳 Conditioner for hair, Roll-on deodorant, Lotion
个人洗漱用品 - 梳子, 牙刷、漱口杯、牙膏, 洗脸巾、沐浴露 / 香皂 / 洗面奶, 洗发水 Toiletries - hairbrush, toothbrush, cup for brushing teeth, toothpaste, face towel, shower gel/soap/facewash, shampoo	洗衣剂 Laundry liquid
内裤和袜子 (每天需要更换) Underwear and socks (at least one set for each school day)	小游戏 Small games
拖鞋 Footwear for shower	照片 / 个人纪念品 Photo/personal memento
睡衣 Dressing gown	纸巾 Tissue

必需品 Essential	非必需品 Optional
校服: 2 条裙子 (女生) 或裤子 (男生), 5 件衬衫、1 条领带、1 件西装、2 件外套、2 双黑色皮鞋 School uniform: 2x skirts(girl) or trousers(boy), 5x shirts, tie, blazer, 2x school jumpers/cardigans, 2 pairs black school shoes	
泳衣、泳帽、凉拖和游泳包 Swimming kit including a cap, poolside shoes and bag	
2 套体育校服、运动鞋和体育包 PE kit (2 sets) with PE shoes (not to be worn for school), and bag	
1 双休闲鞋 1 pair of casual shoes	
书包、书 School bag, books	
水杯 Water bottle	
洗衣篮 Laundry basket	
衣架 Hangers	
雨伞 Umbrella	
闹钟 Alarm clock	

这里列出了一些可以帮助您孩子尽快适应寄宿生活的准备工作。

Here are some preparations that you can make to help your child be ready for boarding life.

自己准备书包 – 列出每天需要的上学所需的用品

Pack their own bag – have a list of what they will need each day

需要带体育课的装备? | do they need PE kit?

需要带游泳课的装备 | do they need swimming kit?

养成就寝习惯

Practise a bedtime routine

检查书包 | check bag is ready for next day

换上睡衣 | take off your clothes and put on night clothes

叠好衣服并放好 | fold and put away your clothes

刷牙 | brush teeth

洗手洗脸 | wash your hands and face

睡前阅读 | go into bed and read

养成起床习惯

Practise a morning routine

洗手洗脸 | wash hand and face

刷牙 | brush teeth

换上校服 | change from night clothes to uniform

放好睡衣并整理床铺 | put away night clothes and tidy bed clothes

检查书包 | ensure bag is ready for daytime use

学习如何整理床铺 (在寄宿学院, 我们需要将被子整个盖住床铺)

Learn how to make their bed (in the boarding house, we will leave the duvet fully covering the bed)

保持房间整洁

Keep their room tidy at home





思既往 明开来 **A PROUD TRADITION. EDUCATING FOR THE FUTURE.**