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Top Tips For Boarders

Hello!

This leaflet was created by experienced boarders to help you settle in and get the most out of boarding school.

Boarding is a fantastic opportunity that can help you grow in confidence, experience new things and see life in a different perspective. However, it can also be nerve wracking when you first start, as you don't know what to expect.

As experienced boarders, we have a few tips to help you get the most out of boarding. We hope you enjoy your new boarding school experience as much as we did!



Preparing For Boarding

1. Don't overpack – only bring what you need for your first term.

2. Bring mementos from home like family photos, a favourite teddy, posters and other things to decorate your dorm.

3. Bring plenty of cupboard based snacks such as crisps and biscuits.

4. Label your belongings so they don't go missing.

5. If you can, visit your new school and house before you start. Speak to current students and staff so you know some familiar faces when you arrive.

It's normal to feel nervous, but once you meet your new group of friends, time will fly past and before you know it you'll be heading back home!



Settling In

1. Decorate your room to make it feel like home away from home.

2. Keep in touch with family - let them know how you're doing and what you've been up to.

3. Everyone gets homesick - speak to your house parents, peers and family about how you feel.

4. Keep a positive mindset and try to push yourself out of your comfort zone. This will help you make friends!

5. Ask for help if you need it - teachers, boarding staff and older students are all there for you to ask for help.



Being Social

1. Always take any opportunity to meet other people so you get to make lots of friends from different backgrounds.

2. Join extracurricular activities such as after-school clubs, a sports team, a drama or games club, starting an instrument or attending school events and trips.

3. Connect with your roommate – you don't have to be friends, but make sure you are tolerant, kind and respectful of their boundaries.

4. Be yourself! Don't change who you are to fit in – you will find a group of friends that you click with and who understand you.

5. Stay in touch with your friends back home.



Being Independent

1. Be organised and get into a routine – make sure you know your timetable and wake up in plenty of time to start your day.

2. Keep up with your schoolwork. If you stay on top of it, you'll have more time for fun and hobbies!

3. Keep your room organised and tidy.

4. Maintain your hygiene. Make sure you shower every day, brush your teeth and hair, and use deodorant.

5. Wash your clothes and make sure your uniform is nice and tidy – you want to make a good impression!



Health and Wellbeing

1. Remember that you are not alone – it's normal to feel anxious or scared when you start a new school.

Speak to someone straight away if you have any concerns or worries.

3. Eat well so you stay healthy and have a good immune system. It also helps with your mental wellbeing!

5. Get involved in activities offered by your school – they could help you stay fit and active, relax from schoolwork or feel productive and positive!

2. Exercise regularly – this is important to help you stay fit and feel good about yourself.

4. Have regular “me time” away from schoolwork. Socialise, take part in hobbies or activities, or just have some alone time to recharge.

Use anxiety reducing techniques such as breathing exercises or grounding techniques. Click or tap [here](#) to read a blog from Young Minds with lots of different grounding methods for if you feel stressed or anxious.

