

Boarding Student Handbook 2023/4

Ol5395 63377 dallamschool.co.uk



Contents

Welcome	3	Where to buy uniform	13
Values	3	Sixth Form dress code	14
Ethos	3	Equipment for school	14
Staff and contact information	4	Food and meal times	15
Routine	5	Keeping Safe	16
Prep	6	Emergency procedures	16
Excursions and activities	7	Eleectricals and valuables	17
Music lessons	7	Communication	18
Signing in and out	8	Telephones and mail	18
Leave off campus	8	Passport, ID cards and immigration	18
Visits	8	Pocket money	19
Off-site guidance	9	Part time jobs	19
Illness and health information	Ю	House duties	19
Wellbeing	Ю	Room tidiness	20
Holiday arrangements	II .	Personal cleanliness	20
Laundry	II .	Boarding leadership team	21
Clothing	I2	Bicycles and cars	21
11.16 6 7 7	17		



Welcome

Welcome to Dallam School. We are excited to work with you and we are here to support you every step of the way. The following information will answer some of the questions you might have about boarding.

There are many boarders at Dallam School and our students enjoy comfortable living accommodation. Led by our Head of Boarding and team of experienced boarding staff, our students enjoy a home away from home experience whilst developing their independence and making lifelong friendships with fellow students from around the globe.

Our values

Courage (be brave)
Respect (others, self and environment)
Compassion (be kind)
Endeavour (strive for excellence)
Integrity (be honest).

Ethos

We pride ourselves on inclusion. Our boarders come to us from various countries around the world. Our purpose is to maintain a healthy, safe, and purposeful environment in which boarders feel secure and benefit from stability.

Within the boarding house we ensure a friendly, caring environment in which young people are happy, and benefit from the encouragement, support and guidance of staff and peers.

We provide opportunity and experience for boarders to develop leadership skills - independence, self-esteem, confidence, responsibility and organisational skills.

We provide encouragement for young people to develop social skills such as courtesy, mutual respect, trust, loyalty and concern for others. Boarding gives students the confidence to meet the challenges of the school day by encouraging their learning and participation in curricular and extra-curricular activities.

Dallam Boarding also provides the opportunities for students from different nationalities to fully engage in the local community and life in another country through an immersive experience.



Staff in boarding

Head of Boarding: Nicola Gilbert Senior Houseparent: Nicola Wilkinson

Matron:

Houseparents: Wendy Blundell, Louise Moolman, Mark Moolman, Margi Nette

Matron Marguerite Richards

Useful contact information

Dallam boarding house, **Boarding house address:**

> Heversham, Milnthorpe LA7 7EH

Boarding office (+44) I5395 63377 Telephone number:

School office (+44) 15395 65165 Duty phone (+44) 7494 784 866 **Houseparents:** Medical centre (+44) I5395 63377

Email: **Duty staff**

boarding-staff@dallamschool.co.uk

Head of Boarding

n.gilbert@dallamschool.co.uk

Matron m.richards@dallamschool.co.uk

School office (+44) 15395 65165 Finance team:

I.hansen@dallamschool.co.uk

Bank details Lloyds TSB Bank plc Kendal branch

> Account Name: Dallam School

Sort Code: 30-I4-40 Account Number: 13293368

Bic: LOYDGB2I374

Iban No: GB20 LOYD 30I4 40I3 2933 68

Routine

Monday to Friday.

	Time	Notes
Rising and room tidy	07:15	Rise, wash and dress
Breakfast	07:35	
Student meeting with Head of Boarding	08:20	Boarding registration and notices. House staff will check rooms
Bus transport to school	08:30/40	All students transported to Milnthorpe
School day at Milnthorpe	08:45-15:15	
Bus transport to boarding	15:25	Depart to boarding If there is any change to this you must alert Boarding immediately or if you need to stay after school please arrange with the Boarding staff the night before
Registration	15:30	Students registered leaving bus and check notices in dining hall for evening
Free time	15:30-16:45	For self-directed activities or after school activities at Milnthorpe, inform House staff the night before
Evening meal	16:45-17:30	
Boarding tutor meeting	17:30-17:45	On selected days.
Prep	17:45-18:45	
Evening activities	19:00-20:00	Various activities see notice board in dining room
Supper	20:00-21:00	
Check ins and bedtime	21:15 - 22:15	See bedtime routines.

Activities

It is expected that each student will participate in:

two after-school activities per week in school (please inform house staff before), and two evening activities at the Heversham Campus.

Weekend routine

	Time	Notes
Rising and room tidy	09:00-10:50	
Light breakfast	08:00-09:30	For those students who wish to eat
Saturday/Sunday Brunch	II:00-I2:00	
Activities	12:00-16:30	On and off site – trips and visits
Evening meal	16:45-17:30	
Prep	17:45-18:45	Sundays only
Room check	19:00	Sundays only
Supper	20:00-21:00	
Check ins and bedtime	21:15-22:15	See bedtime routines.

Bedtime routine/check in Sunday - Thursday

Check in requires that students be in the boarding site and have registered with house staff. Students will be unable to leave the boarding site after these times.

Year group	Check in time	In your room	Lights out (This can be earlier if you wish)
7	20:15	21:00	21:15
8	20:30	21:15	21:30
9	20:45	21:30	21:45
10	21:00	21:45	22:00
II	21:15	22:00	22:l5
Sixth Form	21:30	22:15	22:30

Bedtime routine/check in Friday and Saturday

Check in requires that students be in the boarding site and have registered with house staff. Students will be unable to leave the boarding site after these times.

Year group	Check in time	In your room	Lights out (This can be earlier if you wish)
7	20:15	21:30	21:45
8	20:30	21:45	22:00
9	20:45	22:00	22:l5
10	21:00	22:15	22:30
II	21:15	22:30	22:45
Sixth Form	21:30	22:45	23:00

Prep (homework)

During term time you will be set homework activities by your teacher at school. During Prep time you will be expected to complete homework or study work. Years 7-II are supervised sessions in the boarding house classrooms with access to computers available.

Sixth Form students are encouraged manage their own private study during prep time to encourage them to work independently. Sixth Form students may use their own private study spaces in their bedrooms. This is subject to consultation with the Sixth Form team and may be revoked if students are falling behind in their studies.



Excursions and activities

To help ensure a healthy balanced academic and social lifestyle we encourage boarders to participate in regular activities both at school and boarding. Joining in with sports competitions, drama productions, day trips to nearby cities and outdoor pursuits like ghyll-scrambling help them make friends, socialise and develop personal skills such as courage and resilience.

We want our boarders to have the best experiences from their time in school and at boarding. Our houseparents consult with boarders and put together a varied programme of on-site and off-site evening and weekend activities.

Boarders are expected to take part in at least two boarding activities during the week and two after-school activities

Weekend activities will be available for sign up with an additional charge The cost for any activities the student signs up for will go on the end of term bill. See below for approximate prices for activities (excluding transport).

Big city	€IO	Team sports	Free	Hike	Free
Pony trekking	€24	Pine Lake water sports	£25	Ten-pin bowling	€ 7.50
Go-karting	€25	Paintballing	£ 35	Mountain biking	£ 30
Mini Cross Bay Walk	€2	Swimming	£4.50	Blackpool fun park	£ 25
Cinema	€7.50	Theatre	£l8	Park Run	Free

Dallam School is proud to be a licensed Duke of Edinburgh organisation. We encourage all boarders to join the programme to gain worthwhile skills valued by universities and employers. The Duke of Edinburgh programme has a strong outdoor element of the programme so we recommend participants invest in good quality waterproofs, warm clothes and walking boots

Music lessons

We offer a wide range of instrument tuition at Dallam. Please see your music teacher if you wish to sign up for any of these once you join us.



Sign in and sign out

The Boarding house has an 'in' and 'out' signing system. It is a simple and effective system but must used at all times. When you are in boarding you must sign 'in' and when you are leaving boarding, even if it is for five minutes you must sign 'out' this helps staff to quickly identify where you are. If you wish to leave the boarding house for any activities or visits you must make sure that you have signed 'out' correctly to ensure that all staff are aware of your whereabouts.

Students at Dallam School have access to Microsoft TEAMS which we can use to communicate directly with you when you are away from the boarding house.

Leave off Campus

You may be permitted to leave the school campus at weekends and in exceptional circumstances on a weekday to visit friends or family, providing certain conditions are met and permission is sought from the Head of Boarding.

You must sign in and out of the boarding house by seeing the member of staff on duty.

All requests must be made in a timely manner by email to boarding-staff@dallamschool.co.uk and no later than three to four days before the leave is due to take place.

This request must include:

- Departure time and date
- Invitation from the host
- · Residential address of host
- Departure method of transport
- Emergency contact number of host
- Permission from parents
- Return time and date
- Return method of transport

If you leave school during the course of the school day, which will result in you missing lessons, you must sign in and out at pastoral. An example of this might be to attend a medical or dental appointment with the boarding matron.

Visits

Parents or other family members are most welcome to visit at any time. Boarders are welcome to visit home, guardians or family and friends on any weekend. Parents are expected to organise the travel arrangements for any pre-planned activities with your child. We would welcome parents and carers informing the boarding house of any weekend arrangements. This should be the Tuesday prior to the weekend for us to adjust our catering arrangements and make any permission checks required to facilitate visits for students.

Off-site guidance

When off-site we expect you to continue to meet our general expectations regarding behaviour and to represent the school and yourselves well. You should be courteous and well behaved at all times. Dallam School is very proud of the work we do in the local community and it is important that you do not bring the school into disrepute at any time.

You have a responsibility to:

- not take unnecessary risks
- follow the instructions of any staff in charge
- dress sensibly and responsibly
- look out for and report anything which may hurt or threaten you or anyone else in the group

Before you ask for leave off the premises make sure you can answer these questions:

- have I obtained leave/permission from House?
- where exactly am I going?
- am I dressed appropriately?
- should I/do I have any medication with me?
- what do I do if I get separated from the group?
- what do I do if I miss the scheduled depart time?
- how do I contact the staff in charge?
- how will I keep my money/valuables safe?
- do I have enough cash for my travel back to school?
- is my mobile phone charged and notifications are on?
- do house staff have my mobile phone number?
- what do I do if someone unknown to me is a nuisance or threatens me?



Illness and health information

If you are unwell and unable to attend classes or meals, you must inform a member of house staff.

You will be assessed by the Matron/House staff and appropriate steps will be taken to ensure you are comfortable and able to seek medical assistance if necessary.

If the illness is contagious, or you require constant monitoring, you will be moved to the Medical Centre where you can rest and receive the best care.

We will manage any allergies you have or any medication that you may require on a regular basis.

In the event of an accident which requires emergency treatment, house staff will take you to the local hospital. When you arrive at Dallam School, you will be registered with a local General Practitioner (Doctor) should you require any routine medical appointments.

For safety, all medicines are to be handed to the Matron at the start of term or half-term. Medicines are kept in a locked cabinet in the Medical Centre and distributed by a member of staff. Home remedies or non-prescription medication are not necessary as matron will assess the needs of individuals.

Parents/guardians should inform Matron of any changes in a boarder's medication or of any significant medical treatments / vaccinations / illness and allergies relating to a boarder during the holidays.

In the event of a serious illness or accident during term time we will contact parents/guardian straight away and will make arrangements with you to look after your child until you are able to get to us.

Please schedule all routine optician, dental checks, treatments and orthodontic work during the school holidays.

Wellbeing

During your time in boarding there may be times when you feel low or are missing home. House staff will always support you, try to identify the issue and best guide you to finding a solution. There are a number of individuals you can talk to:

- A friend or older pupil
- House staff/Boarding tutor
- Form Tutor (School)
- School Independent Listener
- Pastoral staff in school
- School counsellor (Child Action North West)
- Barnardos (Mental Health Worker)
- Use Microsoft TEAMS in school to contact staff
- Use CONFIDE on all the school computers to contact pastoral and safeguarding staff

Wellbeing sessions are run either by house staff or expert outside speakers.

We have two excellent fitness suites that boarders can use - one at school and one at the boarding site. Through our activity programme we encourage boarders to make full use of all indoor and outdoor fitness facilities.

We are a diverse community, and welcome all faiths and religious beliefs. If you would like advice on where you are able to practice your faith please speak to house staff who will be able to advise you on local amenities.



Holiday arrangements

There are three terms during each year and each term has a half term holiday. The term dates are on the school website - dallamschool.co.uk

When the school is closed, your parents/guardian must arrange accommodation for you.

During each half term, you must complete an online holiday arrangement form, telling us where you are staying during the holidays and how you are travelling to and from school.

You should complete the holiday arrangement form at least three weeks before each holiday: https://forms.office.com/e/FN5hF4c2TP

During half term, Christmas and Easter holidays, boarders' personal items can normally be stored in their rooms. If rooms are needed during the holidays, we will ask boarders to empty your rooms and we will store your belongings securely on-site.

During the summer break, all rooms need to be vacated. Personal belongings of returning students can be stored at the house during the summer holiday in a separate room so the accommodation areas can be deep cleaned and any redecoration work can be done before the next academic year.

Laundry

Each boarder will be given a laundry number and a laundry box at the start of term. Dirty laundry should be kept in the laundry box.

When is laundry done?

Even laundry numbers: laundry should be brought

down before 8:15 on Monday

and Wednesday.

Odd laundry numbers: laundry should be brought

down before 8:15 on Tuesday

and Thursday.

Bedding is changed every week.

All clothing should be clearly marked with a name or a laundry number except for underwear. Numbered net bags are provided for all boarders and should be used for underwear. Sixth Formers may do their own washing using the domestic machines available. Any unnamed items will be put in the Dining Room every week and at the end of the half-term for boarders to collect any items belonging to them. Any uncollected items at the end of half term will be donated to charity.

Clothing

Here is a list of suggested items that your child should bring with them when they first join us in the boarding house. Over time, you will get a better idea of what your child needs. There is a limited amount of storage space in the rooms, so please do not bring too much. All boarders have a small lockable safe or drawer for personal or valuable items.

We ask that all items (clothes, bedding, towels, footwear and possessions) are clearly labelled with your child's name before they arrive. Clothing should be machine-washable.

Please bring a laundry marker with you to mark the laundry number on items or use sew-in name tapes. Please note that iron on labels tend to come off easily.

*Overseas boarders may wish to order their duvets/pillows/covers etc. online from a UK supplier and have them delivered to the boarding house during the summer holidays.

	Tick		Tick
Casual clothing appropriate for a British climate		Duvets x 2 - with washable cover (single bed size) *	
Thick sweater/fleece		Pillow and pillow cases x 2 (standard pillow) *	
T-shirts, sweatshirts, shorts		3 bath towels and 2 hand towels	
Coat for winter		Swimming costume	
Waterproof jacket - advised		Nightwear including dressing gown	
Set of smart clothes		Shoe cleaning equipment	
Underwear, socks/tights		School bag and pencil case	
Indoor footwear, slippers, trainers walking boots/wellingtons		Toiletries, comb/hairbrush	
Spare name tapes		Wash bag/toiletry bag	
Coat hangers		Clothing for wet weather/outdoor pursuits waterproof jacket, waterproof trousers	
Reusable water bottle (I litre)		Personal items such as pictures from home	
Battery powered alarm clock (separate to phone)		Electrical adaptor	
School uniform and school sports kit			

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School uniform for Years 7-II

We are proud of our school and the way we present ourselves is important to us. A smart uniform sends the message that we care about how others see us and that we are serious about coming to school to work, to do our best and to succeed.

To help mark the end of the school day we ask that boarders change out of the uniforms when they return to the boarding house into casual and comfortable clothes or appropriate clothing for activities.

Jewellery, makeup and hairstyles:

- one wristwatch
- one signet ring
- one pair of plain stud earrings in ear lobe (no nose studs or any other body piercing)
- no visible nail varnish or makeup
- no acrylic nails
- hairstyles should be reasonable and appropriate in both cut, style and colour.

Dallam Physical Education

- Dallam sports polo shirt
- Dallam tracksuit/(hoodie/raincoat optional)
- red games socks and white trainer socks
- black/navy leggings (no branding)
- Dallam rugby shirt, navy cotton shorts (rugby style) and/or navy polyester shorts, and/or navy skort
 - as appropriate to the activity
- football boots (please note that blades are not allowed rubber/metal studs only)
- trainers, shin pads, gum shield (essential-rugby/hockey), protective headgear (recommended-rugby).

Where to buy uniform

The Dallam uniform shop is available online using dallamschool.co.uk. School ties and Badges must be purchased using the online shop. Trousers, skirts, shirts, jumpers, coats and bags can be bought from other retailers as long as they comply with our uniform guide.

We would advise that you order your uniform promptly after accepting your boarding place to ensure that your items are delivered in time.

Dallam Sixth Form dress code

Following review and consultation with students, Sixth Form students are now expected to wear office/business wear to School.

Please use the list below as a guide

- suit trousers/skirt/dress with a smart jacket
- office-style shirt or top
- tie (optional)
- smart leather type shoes
- waterproof coat (no denim jackets)

Jewellery, makeup and hairstyles:

- hair should be of a natural colour and tidy
- jewellery should not be excessive, facial piercings are not permitted
- · hats should not be worn in school buildings.

Equipment for school

Boarders should have the following in their pencil cases for school:

- pens at least two blue/black ink
- pencils HB and 2B pencil for art
- pencil sharpener and eraser
- coloured pencil crayons at least four colours
- ruler 30cm a pair of compasses (in a safety box)
- calculator

What to bring to school each day:

- a rucksack type school bag that is large enough to hold all necessary equipment.
- all exercise books and textbooks required for the subjects each day.
- pencil case and calculator
- PE kit when required
- · Planner and rough booklet



Food and meal times

Boarders' breakfast and evening meals are taken in the Dining Room. Lunch is served in the School Dining Hall. All meals are freshly prepared on-site and served using a cafeteria system. Special dietary needs can be catered for, these should be discussed with the Boarding House Matron before boarders arrive.

All boarders and the boarding team eat together. To help ensure a healthy diet, everyone is expected to attend mealtimes. Care is taken to provide a balanced diet and a choice of vegetarian and non-vegetarian meals are on offer. A late evening supper is provided for all boarders and there are facilities to make snacks and hot drinks in the Dining Room.

Boarders are reminded not to take anything out of the Dining Room such as food, cutlery, plates and cups. For reasons of health and safety, boarders should not bring food into the boarding house that requires refrigerating. For the same reason, we ask parents not to send perishable food items through the post.

Keeping our boarders safe

Access to the boarding site and security

Our boarding house is located in the small village of Heversham. It is a safe, rural community.

To comply with boarding house security to keep all boarders safe:

- only students and staff can enter the boarding house using their security fob
- the boarding site has CCTV cameras.

If boarders lose keys or fobs, they should report this to a member of staff straight away. Replacement keys and fobs will be charged to the boarding house account (£10 each).



Emergency procedures

When boarders join us, we will walk them through the emergency evacuation drills in detail. Subsequent drills will take place during the course of the year to keep the emergency procedures fresh in people's minds.

What to do if boarders discover a fire:

- I. Activate the fire alarm.
- 2. Evacuate the building, closing doors and alerting as many of the boarding community as possible.

What to do if boarders hear the fire alarm:

- I. Leave the building immediately by the quickest marked escape route, closing all doors on the way out.
- 2. Report to the assembly area on the Sports Field and stand in year group order and alphabetical order by surname to be registered. Remain calm and quiet for a register and any further instructions.
- 3. Do not re-enter the building until the boarders have been told they can.

Lockdown procedure

In the event of the lockdown alarm being sounded:

- I. Keep calm.
- 2. Move to the nearest room if safe and close all the windows and blinds.
- 3. Block access points, turn off lights, keeping away from windows and doors.
- 4. Wait for the alarm to stop which means all is clear.

Boarders are expected to look after their own personal items and respect others' belongings.

Electrical items and valuables

All electrical items and mobile phones must be appropriately insured and clearly labelled with names before boarders arrive. The school's insurance cannot cover these items. Boarders can keep valuable items in their lockable drawer or safe.

When you arrive at school you will be asked to complete a valuable items form. You can record serial numbers and descriptions of your possessions.

If something goes missing then please let us know straight away and we will ask you to search your room carefully. If it cannot be found, house staff may start room searches. Boarders will usually be present whilst this takes place.

The boarders (and their parents/guardians) are responsible for the condition of any electrical equipment they own. For the health and safety of the boarding house we would ask you to visually check any electrical equipment before bringing it into school. Once boarders arrive, our maintenance team will test the items. Any item that does not conform to our health and safety requirements will be removed.

The following electrical items are not permitted in boarding house bedrooms:

- kettles, coffee machines
- fridges, freezers
- televisions, monitors
- rice cookers or other cooking devices
- electric heaters and electric blankets
- games stations

Our boarding house has many areas where students can watch television, play games consoles, table football, play pool, play sports and socialise inside and out. We want our boarders to develop social skills, try new things and enjoy themselves with their new boarding friends.

For the same reason, our boarding team will recommend sensible use of mobile phones (students are not allowed to use mobile devices at meal times). For boarders in Years 7 – II, mobile phone use is not allowed after lights out.

To help ensure e-safety for your child and fellow boarders, please can parents/guardians activate appropriate parental controls on mobile devices that are able to connect to a 3G, 4G and 5G network. Our filtering system will automatically block inappropriate sites on the school network.



Communication

Dallam School offers campus-wide Wi-Fi. On arrival, you will be given your username and password which will allow you to connect to the internet. Desktop computers are available for use in the boarding house and school. Laptops or tablets may be brought to school. Students are responsible for the security of their electrical devices. When not in use, they should be kept in a safe place. Webcams should not be used in bedrooms or bathrooms.

We have a huge noticeboard in the entrance area. This is one of the best ways for boarders to easily find out about events and important notices. The noticeboard will also let boarders know which members of the boarding team are on duty and where to find them. House staff mobile numbers are also on display in case of emergencies.

House staff will communicate directly with parents/guardians where appropriate via telephone and email.



Telephones and mail

You should give your mobile telephone number to house staff in case we need to contact you in an emergency. You may want to buy a UK sim card in order to use your mobile more cheaply in the UK. EE provides the best signal in our area. You should communicate regularly with your parents. We recommend twice per week. You will be given a useful contact number card and you should always carry this when you are off the campus. If you are sent any letters or parcels, they go to the boarding house reception. If you want to send a letter or a parcel, you can do so by visiting the post office in Milnthorpe.

Passport, identity cards and immigration ionformation

The Head of Boarding will ask you to hand over any ID or travel documentation to be stored safely at the start of every half term until the next time you have a requirement to use it.

Pocket money

Students are expected to organise their own money if they are allowed an allowance or pocket money. Some students may organise their own bank account, and we encourage students to open a bank account prior to arriving at the boarding house so that items can be paid for by card, electronically and cash accessed via an ATM in Milnthorpe when needed.

As a rough guide typical allowances for students could be as follows:

- Years 7, 8, 9 from £8-I0 per week
- Years IO and II from £IO-I5 per week
- Years I2, I3 decided between parents and students

The amounts given above should be enough for routine expenditure. The cost of organised activities, contributions to school trips etc. will be put on the termly bill.

Part-time jobs

We want Dallam students to gain a challenging and balanced education and achieve the best results possible. This requires a dedicated level of personal study, especially for students following GCSE, A-Level or BTEC courses.

We knows that part-time jobs can be an important aspect of learning and development but to ensure your child's academic success is not compromised, we will only agree to sixth form boarders taking a part-time job as long as they are maintaining a high academic standard and they have the support of their Form Tutor, their Boarding Tutor and permission from home.

House duties

There is an expectation that every boarder helps with the smooth running of the boarding house. There are three main duties:

- Dining room/supper duty this is where students assist the house staff clean down and set up for supper.
- Big School duties this is making sure that the social room and common areas are kept neat and tidy ready for the next day of activities.
- Sixth Form common room this is where you will help the house staff ensure that the sixth form common room is neat and tidy ready for the next day of activities. .
- Check in duty Sixth Form students assist with check in of all boarding students

Room tidiness

To assist housekeeping staff, boarders are requested to put things away and make their beds in the morning.

Boarders of opposite sex are not allowed into each other's accommodation areas. There are a number of communal areas around the house where all boarders can socialise together.



Personal cleanliness

As a member of the boarding community you will be expected to manage your own personal cleanliness. This includes:

- showering daily
- brushing your teeth twice per day
- using antiperspirant daily
- maintaining your hair in a neat and tidy style (please refer to school rules for hairstyle and makeup guides)
- ensure your bedroom is kept clean and tidy, this includes making your bed daily
- · change your clothes and underwear regularly

Boarding leadership team

The Boarding leadership team is an elected group of sixth form students. The chair of the Boarding leadership team raises boarders' issues with the Headteacher and governors boarding committee of which they are an associate member.

We aim to be approachable in the way we relate to students, and we encourage them to express their views. Students may express their views at any time to staff members in the house.



Bicycles and cars

For road safety and space limitations, we are unable to allow boarders to bring their own bicycles to boarding. Boarders aren't allowed to have their own cars either.

We organise transport for trips either by coach, train or school mini bus. For activities such as mountain biking, we will arrange suitable equipment for the group.

Due to the risks associated with inexperienced drivers in rural locations, we advise against boarders travelling in student cars. Boarders may only travel in third party cars if an adult is driving and the nature of the journey has been discussed in advance with boarding staff, and all safeguarding matters are deemed appropriate.





