

ST. ANDREW'S COLLEGE Cambridge

BOARDING HANDBOOK 2025 - 2026

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WELCOME TO BOARDING IMPORTANT CONTACTS

St. Andrew's College Cambridge has been offering both UK and international students the opportunity to study in central Cambridge for over 45 years. St Andrew's College is owned by the Dukes Education Group. What makes us different is we are a small school with dedicated staff who are committed to helping students to achieve success and have a successful future. Our administration team and many of our teachers have been working with St Andrew's for more than 10 years (many longer!) and this means we all have the experience needed to help and support you in every aspect.

We offer quality residential accommodation for students, with 11 boarding houses in Cambridge. Students living in our boarding houses are looked after by a permanent member of staff who lives on site. The boarding team and support staff work very hard to ensure the best possible boarding experience for all our students and strive to create a homely environment. A home from home!

Whilst boarding at St Andrew's you will have many opportunities to participate in activities and trips. We expect you to join in to get the most out of your time with us. Through engagement you will not only enhance your experience, but it will support your development both academically and personally. You will improve your English, build your confidence and learn new skills.

We would like to offer a warm welcome to St Andrews's College and we look forward to getting to know you and supporting you as our newest members in this very special community.

Mrs Helen Walker

Deputy Head - Boarding and Pastoral Care





### **BOARDING CONTACTS DEPUTY HEAD (BOARDING & PASTORAL CARE)** Helen Walker 07713 669215 helen.walker@standrewscambridge.co.uk HOUSE PARENT MOBILE NUMBERS 07763 214898 marius.andrei.dandu@standrewscambridge.co.uk Bevan House (Tenison) 07701 297568 Austen House (St Barnabas) ionela@standrewscambridge.co.uk oleh.ovchynnikov@standrewscambridge.co.uk 07591269370 Attenborough House (Mowbray) 07922 101143 Stephenson House (Adam and Eve) bethany.valentine@standrewcambridge.co.uk 07922 101148 carmen.chirvasa@standrewscambridge.co.uk Pankhurst House (91 Cherry Hinton) Fiennes House (Cherry Hinton) 07730 622432 gill@standrewscambridge.co.uk Elizebeth House (Coleridge) 07730 622437 lidia@standrewscambridge.co.uk Darwin House (Hills) 07730 622433 ilenuta@standrewscambridge.co.uk Jenner House (Tenison) 07730 622434 adriana@standrewscambridge.co.uk Seacole House (Lyndewode) 07730 622435 cristina@standrewscambridge.co.uk 07922 101143 Scholars house (Mill) bethany.valentine@standrewscambridge.co.uk **SAFEGUARDING AND MEDICAL CONTACTS** Emergency Mobile Number (24/7) 07985 026835 DESIGNATED SAFEGUARDING & PREVENT LEAD / DEPUTY HEAD (BOARDING & PASTORAL CARE) 07713 669215 Helen Walker helen.walker@standrewscambridge.co.uk **DEPUTY DESIGNATED SAFEGUARDING OFFICERS Annette Poulain** annette.poulain@standrewscambridge.co.uk Gill Robinson 07730 622432 gill@standrewscambridge.co.uk **Beth Valentine** 07922 101143 bethany.valentine@standrewscambridge.co.uk Terri Al-Rabee Theresa.al-rabee@standrewscambridge.co.uk Andrew.flower@standrewscambridge.co.uk **Andrew Flower HEALTHCARE PROVISION** 07566 793809 School Nurse nurse@standrewscambridge.co.uk **Woodlands Surgery** 01223 697600 0845 4647 **NHS Direct INDEPENDENT PERSON Marrion Jemmet** 07966 205143

### STATEMENT OF BOARDING PRINCIPLES & PRACTICE

### **ACCOMMODATION**

St.Andrew's College Cambridge aims to provide a high standard of pastoral care through a well-established boarding system which aims to provide a warm, secure, friendly and family style environment for boarders.

The following aims are intended to ensure that boarders at St.Andrew's College Cambridge are confident, open-minded people who can develop a strong sense of community in a multicultural setting. A proactive approach to life in the community is encouraged and sensitivity to others, leadership and independence are fostered. At St.Andrew's College Cambridge we follow the National Minimum Boarding Standards.

### PRINCIPLE 1 - TO PROVIDE A SAFE BOARDING ENVIRONMENT

St.Andrew's College Cambridge recognises that it is of paramount importance for boarders to live and work in a safe environment.

### PRACTICE:

- All staff are trained in safeguarding and Prevent and those who recruit have completed the 'Safer Recruitment' on-line training.
- Akeva, a Health and Safety Consultancy, carries out annual building risk assessments and supports the college on an ongoing basis.
- Systems are in place to ensure the boarding staff know the whereabouts of the boarders at all times.
- If a house parent has any concerns over a student's physical or mental health, there are procedures in place to address this.

### PRINCIPLE 2 -TO PROVIDE A FAMILY STYLE ENVIRONMENT

St. Andrew's College Cambridge believes that each individual is best able to develop successfully within a happy family style environment. Each boarding house functions as a closely-knit family style unit.

### PRACTICE:

- Boarders celebrate events such as birthdays, religious festivals and holidays and end-of-term parties in their houses.
- We encourage students to contact their parents regularly by telephone and electronic means.
- Student meetings are held to discuss relevant boarding issues.

# PRINCIPLE 3 – TO ENCOURAGE STUDENTS TO DEVELOP BOTH ACADEMICALLY AND SOCIALLY AND TO LEAD A HEALTHY LIFESTYLE

- There are fixed study times so that students have allocated slots to focus on their work.
- We encourage students to take part in sports.
- We encourage students to take part in the school social programme so that they can get to know other students better.
- We encourage students to speak English so that they improve their language to the level required for university.
- We endeavour to provide healthy and nutritious meals and snacks.
- We encourage students to see the college counsellor if they feel they could benefit from her service.

### **ROOMING**

Students may be placed in a single room or a shared twin room. Single rooms will mainly be ensuite with some having a personalised bathroom outside the room. Twin rooms will be shared with another St Andrew's Student. Each room has a bathroom with shower, bed/s, desk, wardrobe/s, chest of drawers & storage. All water in the boarding house is potable and suitable for drinking. All rooms have access to a shared kitchen. Kettles must only be kept in kitchens and are not allowed in cluster rooms. Mid-term changes are not allowed unless authorised by the Deputy Head (Boarding and Pastoral Care).

### **BEDDING**

You will be provided with a pillow, duvet and bedding (pillowcase, duvet cover and sheet). You may also bring your own linen. College and own bedding will be changed by students every two weeks and will be washed by the housekeeper. You may also wash your own bedding however this must be done every two weeks.

### **COMMON AREAS**

You will receive a key fob or room key which will allow you access to your room and to your floor. You will be responsible for the safety of these; if you misplace them you will be liable for a charge to replace them. A common room is available for you to socialise and watch television/play games. You are expected to speak in English in all common areas, including at mealtimes, and to keep areas tidy.

### **MEALS**

All meals are served in the student canteen on Glisson Road.

- Lunches (Monday Friday): 12:00 12:30
- Brunch (Saturday & Sunday): 11.00 13.00
- Dinner (Monday Sunday): 16:30 18:30

### **PETS**

You are not allowed to have pets or keep animals in the boarding premises.

### INTERNET

All rooms have free access to the internet through a broadband connection and Wi-Fi. The internet is also filtered to stop restricted web content.

### **ELECTRONICS**

Due to it being a fire hazard, you are not allowed to use any cooking equipment (including slow cookers or rice cookers) in your rooms. All items will be subjected to a termly electronic Portable Appliance Testing (PAT) safety check and any item not tested will be confiscated. Please make sure you switch off all electronics when you leave your room. All electronic items need to be PAT tested before they can be used within boarding. Each tested item will be labelled with the date of the latest test and the initials of the tester. Any non-labelled items will be removed. Comprehensive guidance on PAT procedures is available on request from the Deputy Head (Boarding and Pastoral Care).

### **STORAGE**

Each room has its own storage. Students are responsible for storing their own belonging outside of their rooms during the Winter and Summer periods. Summer storage arrangements will be discussed during your induction period.

### **PERSONAL ITEMS**

You may personalise your room with your own belongings and pin up photos, posters, etc. but only on the notice board areas provided to avoid damage to walls. You must not paint any of the walls.

HOUSEKEEPING HOUSEKEEPING

### **ROOM CHECKS, AUDITS AND INSPECTIONS**

Room checks will be conducted regularly by boarding staff including house parents and cleaners, in order to make sure you are living in clean, healthy and safe environment.

Room audits will occur termly and are there to ensure that the room is up to standard and to update any maintenance requirements. This will also be used to PAT test any new electronic equipment. Students will be informed a week in advance before any room audits.

Room inspections will only occur to check for any prohibited items and are only authorised by SMT or the Deputy Head (Boarding and Pastoral Care). Students will be informed before a room inspection is carried out and there will always be 2 staff members present. All room inspections are recorded in the school log.

### **DINING ROOM**

St Andrews has its own catering facilities and provides catering 7 days a week. The canteen caters for all dietary requirements including daily vegetarian and vegan options. All dietary intolerances including allergies MUST be made known to the College Nurse.

### **MEALS**

A continental breakfast will be available in the residences Monday to Friday 7:00am - 8:00am

All other meals, including Lunch, Dinner & Brunch on weekends, will be served in the school canteen at the following times:

MEAL	WEEKDAYS	MEAL	WEEKENDS
Lunch	12:00 – 12:30	Brunch	11:00 – 13:00
Dinner	16:30 – 18:30	Dinner	16:30 – 19:00

All students in boarding are expected to eat healthily. There are equipped kitchens for each student to make snacks in between mealtimes. Evening snacks are also provided by the school from 8.30pm-9:30pm on weekdays.

### **LAUNDRY**

All students aged 16+ are responsible for their own laundry using the boarding house facilities managed on a rota basis. House Parents will be on hand to support students in the development of this key life skill and will ensure that all students manage appropriately. House Parents will provide greater support for all younger students teaching them and supporting their development in personal management.

### **DAMAGE & REPAIRS**

We understand that accidents happen. If you cause damage, please report this at once to a member of the boarding staff. Students and any visitors must respect the college's property and act appropriately to avoid damage e.g. no ball games, play fighting etc. Do not attempt to change light bulbs or repair electrical items yourself. Please report any necessary changes to house staff.

### **INSURANCE**

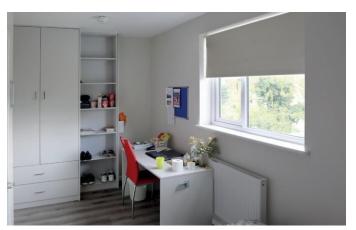
You are expected to take out your own personal effects insurance policy.

### **KEEPING YOUR ROOM CLEAN AND TIDY**

We recognise that being away from home and having to take responsibility for your own room and belongings may be a new challenge for many students. Our boarding team are there to support you in keeping your room clean and tidy. Your room will be cleaned weekly by our team of cleaners but you are expected to maintain a good level of tidiness so cleaners can access your room. Boarders must vacate their rooms for the time required (during the day) by cleaners in order to provide this service. Students who fail to keep their room tidy will be reminded by house parents and your room checked on a regular basis. This includes sustaining a high standard of hygiene and ensuring that all clothes and cooking equipment are regularly washed. Anyone failing to maintain reasonable standards of tidiness in rooms, may be charged for extra cleaning. This means we have had to ask the cleaning team to clean the room to get it back to the acceptable condition.

### **EXAMPLES OF ROOMS TO A GOOD STANDARD:**





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<sup>\*</sup>Actual times will depend on your timetable.

### **HOUSEKEEPING**

### **RULES REWARDS & SANCTIONS**

### **FIRE DRILLS AND ALARMS**

There will be several fire drills throughout each term and at least one will occur during sleeping hours. Whenever you hear the alarm, you must evacuate the building immediately by following the fire evacuation procedure which is pinned on all notice boards. Do not use any lifts during alarms. Failure to comply with fire drills and alarms may result in disciplinary action. In addition, there is a thorough fire safety induction for all new starters.

### **FIRE PREVENTION**

You must never cover smoke alarms or remove batteries from them and must never tamper with other safety equipment such as fire extinguishers or fire blankets. This equipment has been installed for the safety of all students. Tampering with them is a serious breach of health & safety rules and anyone found doing so will be subject to disciplinary action and the cost of an engineer. You must not have candles, smoke in the premises or use forbidden or faulty electrical appliances. Any such items found in your room will be confiscated. All electronics should be turned off when you go to bed and when you leave your room.

### **SAFE KEEPING OF POSSESSIONS**

Students are advised not to store considerable amounts of cash or highly valuable jewellery or electronic items in their rooms. Students have a responsibility to keep their own possessions safe by locking their rooms when they are not present and by locking any valuables safely in the safe provided for use in each room.

You must not enter the room of another student, remove items left in common areas or borrow property from other students without permission. These actions may be classified as theft, even if property was intended to be returned. Where theft is reported, staff reserve the right to search the rooms of other boarders for missing possessions.

### **NOISE**

You must be considerate to others' right to quiet and especially between the hours of 10.30pm and 7.00am. Students are expected to be in their boarding houses by 10.00pm and in their own rooms with lights out by 10.30pm. There are specific earlier curfews for younger students. Any music devices that cause a nuisance to other residents or our neighbours may be removed by boarding staff.

### **RULES**

## A full list of the boarding rules is available and clearly displayed in the boarding houses. Below is an overview. Boarders must treat all members of the boarding community with respect.

Any form of discrimination or bullying is totally unacceptable whether on the basis of race, appearance, gender or sexual orientation. The college will take all allegations of bullying or discrimination very seriously and investigate thoroughly. Appropriate action will always be taken.

All members of staff related to the boarding house, including catering and cleaning services must be treated with respect. Any rudeness to staff may result in disciplinary action. Any physical harm caused to any other student may result in suspension or expulsion.

### Male and female accommodation areas must be kept separate.

Male and female accommodation areas are single-gender only and access to a floor/building of the opposite sex is prohibited.

### It is forbidden to store or use alcohol, illegal drugs and abuses of substances on boarding premises.

Students cannot store or consume alcohol on or off the school premises and should not return to the boarding house under the influence of alcohol. Students are also reminded that it is illegal in the UK for under 18s to buy or consume alcohol and that any illegal activities will result in disciplinary action including the potential for suspension and exclusion.

There are strict laws in the UK regarding illegal drugs. Any student found, or believed, to be under the influence of any drug that hasn't been prescribed by a UK registered doctor (including so called legal highs) will be subject to disciplinary sanctions which may include expulsion and the police being notified. The colleges also reserve the right to drug test any student it suspects of drug misuse.

Any student in the company of a student taking an illegal substance who does not report the incident will be considered complicit in the act and will be subject to the same disciplinary sanctions.

Students should read the college policy on substance misuse.

### Smoking is forbidden in all college/boarding premises.

You must not smoke anywhere within boarding. This relates to fire regulations and UK law on smoking. Students breaking this rule will be subject to college disciplinary action and may be billed for any damage or safety checks that are undertaken as a consequence of smoking. Members of staff have a duty of care to ensure that those under eighteen are not smoking and smoking materials will be confiscated from students if discovered to be in use by students. Vaping products are subject to the same rules as any other smoking paraphernalia and is forbidden in all college premises.

### All health, safety and security procedures must be followed.

These have been put in place to protect you and others in the building. Any instructions or requests given by house parents regarding these matters must also be followed. Disciplinary action will be taken if you fail to do so.

### **RULES, REWARDS & SANCTIONS**

### **REWARDS AND SANCTIONS**

We want to support an active, inclusive and happy, family style community within the boarding houses. An excellent boarder is a student who is kind and thoughtful, showing care and respect to all others in the community. This includes smiling and greeting each other with warmth, ensuring that everyone feels included and everyone's opinions are listened to. It means taking care of the physical building, garden and belongings. It means attending all house meetings and contributing to discussions, it means supporting activities put on by the house parents and volunteering to help.

Having a positive impact on the boarding and wider school community will be recognised and rewarded. Rewards may include celebratory emails home, positive behaviour points, an extension to privileges or celebratory treats!

Any breach of the school rules may involve staff imposing sanctions. Boarding sanctions are illustrated in the diagram below. Any further sanctions will follow the school Rewards and Sanctions policy.

BOARDING SANCTIONS			
	SANCTION EXAMPLES	ISSUED BY	EXAMPLE REASON FOR SANCTION
Level 1	Repair and Reflect Session  1 hour with Senior House Parent	Houseparent / Assistant House Parent	Late leaving boarding, untidy room
Level 2	Repair and Reflect Session Meeting with Deputy Head, verbal warning and parents informed.	Deputy Head (Boarding and Pastoral Care)	Repeated Level 1s  Not signing in/out, not registering.  Rudeness to staff . other students, missed house meeting.
Level 3	Meeting with Deputy Head, written warning, parents informed. Internal exclusion 1 – 3 days	Deputy Head (Boarding and Pastoral Care)	Repeated Level 2s Not submitting leave request Bullying
Level 4	Meeting with Head / Deputy, 2nd written warning, parents informed. Internal exclusion 5 days.	Deputy Head (Boarding and Pastoral Care) / Head Teacher	Repeated Level 3 Use of alcohol, bullying, smoking / vaping, damage to property
Level 5	Meeting with Head and parents. Final warning and external exclusion 7 days or Permanent Exclusion		Repeated Level 4  Dangerous or threatening behaviour.  Discrimination or hate related behaviour. Tampering with fire safety equipment / alarms, theft, drunkenness.

### **SECURITY OF STUDENTS & THE BUILDING**

### **CURFEWS**

Curfews are the times you must return to the boarding house. Below is the information regarding the times of curfews and registers.

SCHOOL DAYS (WEEKDAYS)	WEEKENDS & OTHER NON-SCHOOL DAYS (i.e. ENRICHMENT WEEKS)	
Time students come to register in boarding:	Time students come to register in boarding:	
08:15am	08:15am – 11am	
16:00 – 19:00	16:00 – 18:00	
21:30 (21:00 for 15 – 16 year olds)	22:00 (21:30 for 15 – 16 year olds)	
At the weekend all CSA students must be seen every 4 hours, older students must register every 6 hours.		

### **SIGNING IN AND OUT**

Accurate records must be kept in case of a fire. Therefore, it is vital that you sign out with a staff member when going on leave and sign in when you return. Failure to sign in and out may mean you be denied leave in future. Failure to register at the set times is considered a serious breach of the rules and you will incur a sanction.

### **OVERNIGHT STAYS AWAY FROM ACCOMMODATION**

All students must get permission from their House Parent if they intend to be away overnight or return late over the weekends by applying for permission to leave (including 18+ year olds). Your parents must email a request to your House Parent by the Wednesday prior to the weekend leave..

They need to provide full details and contact numbers of where you are staying and who with and how you will be traveling. All weekend overnight leaves must be completed 72 hours before the leave begins. We reserve the right to reject leave requests if they are not done in adequate time. You must ensure permission is granted by your house parent before you depart from the boarding house. Permission can still be denied by the house parents if your safety may be at risk or as a sanction. We may request to speak to or take ID for the person you are staying with.

Students aged 15 - 16 must be picked up by their guardian or parents who then will need to provide photographic ID in advance (passport/driving license). House parents must be notified in advance by parents/ guardian as to who will be picking up the student. 17 year old students may travel independently, if considered appropriate to do so, but must be in the charge of an appropriate adult, agreed in advance with parents and will all relevant ID provided.

### **RULES REWARDS AND SANCTIONS**

### **TYPES OF LEAVE**

TYPE OF LEAVE	DESCRIPTION	MUST SUBMIT	APPROVAL NEEDED FROM
Overnight Leave (Missing Lessons)	I would like to stay overnight away from the boarding house and would be missing lessons at school.  (e.g. interview at university with accommodation organised by university)	72 Hours before leave	Parents Houseparent Tutor
Overnight leave (Not Missing Lessons)	I would like to stay overnight away from the boarding house.  (e.g. parents are visiting for the weekend)	72 Hours before leave	Parents Houseparent
Evening Leave (Missing Lessons)	I would like to return to the boarding house after curfew time (10.00pm) and would be missing lessons at school. (e.g. visit to evening Cambridge University lecture)	48 Hours before leave	Parents Houseparent Tutor
Evening Leave (Not missing Lessons)	I would like to return to the boarding house after curfew time (10.00pm) but will not be any missing lessons at school. (e.g. weekend visit to theatre)	24 Hours before leave	Parents Houseparent
Missing Lessons (School time only e.g. appointments)	I would like to miss lessons at school but will not be breaching boarding curfew times.  (e.g. dentist appointment)	48 Hours before leave	Parents Tutor
Weekend Day Leave (6.00am – 10.00pm)	I would like to visit somewhere outside Cambridge (e.g. London University open day) I would like to miss the weekend midday register (e.g. church or volunteering)	48 Hours before leave	Parents Houseparent
School trips	Student do not need to submit leave requests for any trips that are organised by the school and that are led by St Andrews staff.		

### **SECURITY OF STUDENTS & THE BUILDING**

### **ROOM KEYS AND FOBS**

You must never lend your key or card to anyone else and you should report any lost key immediately to your boarding staff. You may be charged for a replacement key.

### **STAFF SUPERVISION**

There will always be boarding staff on duty 24 hours a day, seven days a week. You can always contact the duty person by calling the duty mobile number.

### **STAFF ACCESSING ROOMS**

The college has a duty of care and on occasion for welfare or health & safety reasons it may be necessary at times to conduct room inspections and searches. Students must always allow staff to enter for this purpose. You will be told of the intention to inspect/search and there will be a second member of staff present to witness the inspection/search. All inspections/searches are recorded on the room search logbook.

### **VISITORS**

Family, close friends of family and friends from college may visit you in boarding accommodation. Students must ask the permission of the houseparent before a visitor may enter the house. The college reserves the right to deny any visitor entrance to boarding. They must sign in and out as visitors in the reception of the boarding house. All visitors must leave boarding premises by 9.00pm. Visitors are not allowed to stay overnight.

Visitors are only allowed in communal areas and are not allowed to student rooms.

### **STRANGERS**

House parents and other college boarding staff will always carry a college ID card. Any visitor to the accommodation will be in possession of a visitor's badge. If you see anyone in the building without this identification, please make it a priority to report it to boarding staff immediately or call the duty phone number.

### **PERSONAL RELATIONSHIPS**

Students should not be engaged in intimate personal relationships in boarding accommodation. Students should be in their own rooms by their curfew times. A breach of this rule may result in disciplinary action.

### **WEEKEND AND EVENING ACTIVITIES**

Activities such as cinema trips, sports events, games evenings, visits to museums/local attractions, etc. will be available for you to participate in (students of compulsory school age or under are expected to join in most organised activities). Boarding students are encouraged to set up clubs which others can join. Discuss any ideas with the house parents or Boarding Council members.

### **COLLEGE ACTIVITIES**

Boarding students are encouraged to get involved in college clubs run by other students (sports, Glee, debating, society etc.), as well as fund-raising activities and the summer ball.

### STUDENT COUNCIL

You will be able to stand to become members of the Student Council. This is made up of students with the responsibility of liaising between students, house parents and senior management regarding boarding provision, assisting house parents in organising activities, and acting as mentors for new or younger students. If you have any problems or worries during your time here, please speak to your boarding house representative.

### **PLACES OF WORSHIP**

- Quakers, Friends Meeting House, 12 Jesus Lane Cambridge CB5 8BA
- Baha'l Faith, 27 Worts Causeway, Cambridge CB1 8RJ
- Arbury Community Chirch, 263 Arbury Road, Cambridge CB4 2JL
- Unitarian Church, Emmanuel Road, Cambridge CB1 1JW
- Edne Baptist Chapel, Fitzroy Street, Cambridge CB1 1ER
- Wesley Methodist Church, Christ's Pieces, Cambridge CB1 1LG
- Our ady & The English Martyrs Roman Catholic Church, Catholic Rectory, Hills Road, Cambridge CB2 1JR
- Abu Bakr Jamia Mosque, 1a Mawson Road Cambridge CB1 2DZ
- Beth Shalom Reform Synagogue, Auckland Road, Cambridge CB5 8DW
- Buddhist Centre, 38 Newmarket Road, Cambridge CB5 8DT
- Korean Church, 43 St Andrew's Baptist Church, Cambridge CB2 3AR
- Cambridge Chinese Christian Church (<u>www.cccc.org.uk</u>)

### **REGISTERING WITH A DOCTOR**

The College Nurse will register all boarding students with a local surgery as part of induction.

### **HEALTH PROBLEMS**

Speak to a boarding staff member, who can book an appointment with the College nurse, if you become ill whilst at college or of it is not an urgent concern. This will be kept confidential unless your own safety or the health of other students is at risk. If you prefer, you can make an appointment to see your doctor or speak directly to the Nurse. If you become ill whilst in boarding, tell the boarding staff on duty, who will call for medical advice from a professional. Any long-term health problems should be disclosed on your pre-arrival form so we can provide the best support for you.

### **ACCIDENTS**

In case of an accident or emergency, you will be accompanied to A&E by house staff or a member of the nursing team.

### **MEDICATION**

Students must not keep prescribed medicine or over the counter remedies (like aspirin/ibuprofen etc.) in their room. These must be declared to the College nurse who will keep prescription drugs for you and give them out as directed and will give you over the counter remedies for common illness. No prescribed medication is allowed in your room. If any is found it will be confiscated. No medication/supplements are allowed to be kept in your room, unless indicated on the list below. If any medication/supplements are found, they will be confiscated and given to the medical team. If any of these are prohibited on the list below, they will be disposed of using local pharmacy services. They will not be returned.

### **GUIDELINES OF MEDICATION/SUPPLEMENTS WITHIN STUDENT ACCOMMODATION**

### Things that students CAN have in their room:

- Multivitamins (only one pot duplicates should be handed into the medical team for storage)
- Cod liver oil capsules
- Prescribed creams (although has to be authorised by the nurse)
- Nasal spray
- Eye drops
- Antacids
- Vapour rub
- Plasters

### Things that students CAN NOT store in their rooms:

- Over the counter medications (e.g. Paracetamol, Lemsip, Ibuprofen, Antihistamines, Sleep aids)
- Weight loss supplements
- Supplements containing green tea
- Medication that has not been obtained in the UK
- Alcohol
- Energy drinks
- Stimulant/ caffeine tablets (e.g. ProPlus)
- Throat lozenges/spray that contain anaesthetising properties (e.g. Strepsils)

WELFARE & SUPPORT
WELFARE & SUPPORT

### **SAFEGUARDING AND CHILD PROTECTION**

Your safety and protection are our highest concerns. We have specially trained senior staff who have been trained in ensuring the boarding and college staff keep you safe. If you feel unsafe or are worried, speak to any member of staff who will support and help you by identifying the right staff member who can help with you issue. You will see posters around college and in boarding with the picture, name and contact details of these specialist senior safeguarding staff. You may contact them yourself at any time.

### **DESIGNATED SAFEGUARDING LEAD / HEAD OF PASTORAL**

Emergency Mobile Number (24/7)	07985 026835		
DESIGNATED SAFEGUARDING & PREVENT LEAD / DEPUTY HEAD (BOARDING & PASTORAL CARE)			
Helen Walker	07713 669215	helen.walker@standrewscambridge.co.uk	
DEPUTY DESIGNATED SAFEGUARDING OFFICERS			
Annette Poulain (DDSL)		I don't	
Gill Robinson (DDSL)	07730 622432	gill@standrewscambridge.co.uk	
Beth Valentine (DDSL)	07922 101143	bethany.valentime@standrewscambridge.co.uk	
Terri Al- Rabee (DDSL)		thereasa.al-rabee@standrewscambridge.co.uk	
Andrew Flower (DDSL)		andrew.flower@standrewscambridge.co.uk	

### **Mental Health Support**

The house parents, nurses, Deputy Head (Boarding and Pastoral Care), or any other member of staff are all available for you to talk to if you are feeling unhappy or facing difficulties. We can also arrange for you to speak confidentially to the school counsellor or you can make contact with the Independent Person. There is no problem too big or too small. We are here to help you and if you require additional services (GP, external counselling etc) then we will organize this with you.

### **INDEPENDENT PERSON**

We have identified an independent person for you to contact if you wish to talk to someone who doesn't work with college or boarding. Marrion is experienced in this role and available to you to talk to in confidence.

Marrion Jemmet - 07966 205143

### **INDEPENDENT ORGANISATIONS**

There are also other organisations which act as independent listeners. You can phone them for free and speak anonymously.

NSPCC	0800 800500
CHILDLINE	0800 1111
KOOTH (An online counselling and emotional well-being plaGorm)	www.kooth.com

### **FINANCIAL PROBLEMS**

We do not advise students to lend money of any significant amount to one another. Boarders should speak to house parents or the Deputy Head (Boarding and Pastoral Care) if they are facing financial problems or contact the Citizen's Advice Bureau (www.citizensadvice.org.uk) if over 18 years of age.

### **KEEPING SAFE IN CAMDBRIDGE**

For information about activities and things to do in Cambridge please go to Home - Visit Cambridge . When some students first think about studying abroad, one of the major concerns particularly in an urban environment, is about safety. Cambridge is, for the most part, a very safe city to live in. However, as with any other city, there are certain things you ought to know if you are to stay safe in Cambridge throughout your stay here.

### • Plan a way home to the Boarding House

Cambridge is a very simple city to navigate during the day, thanks to it being relatively small and excellent public transport.

### Stick together

Ever heard the expression safety in numbers? Well it applies when you're out and about, too. Cambridge is not a dangerous city, but problems do occasionally occur, and you're far less likely to become a victim if you're in a group. Stick together, particularly at night, and let one another know once you are home safely.

### • Keep valuables out of sight

Just like any major city, pickpocketing can be a problem in central Cambridge, as can phone snatching. In order to keep your valuables safe, make sure that they always remain out of sight. Try to keep valuables in inner pockets. If you do have something valuable on you, try to not keep touching it to check if it's there.

### **COMPLAINTS**

### **STUDENTS**

Each room has high speed broadband and good signal strength for mobiles to allow students to remain in contact with families. In emergencies, House parents may give permission to use the office or duty phone.

### **PARENTS**

Parents are welcome to contact tutors via email during the working day. In addition, the duty mobile number can be called at evening weekends. House parents are also available in the evenings and weekends. In addition, there is the emergency number

### **ACADEMIC ISSUES**

Should be raised with the college directly by contacting your Tutor.

### **HOLIDAY & END OF TERM ARRANGEMENTS**

### **HALF TERMS**

Your fees cover accommodation over enrichment weeks which are similar to most school's half-terms. This is a good opportunity to find a work placement if possible. If you do not have a work observation placement, remember to apply for permission to leave if you intend to visit family or friends.

### **WINTER & EASTER HOLIDAYS**

St Andrews is closed over Christmas and New Year as well as the Easter holidays. You are not allowed to stay in boarding over the Winter & Easter holiday and must return home or arrange alternative accommodation through your guardian. Days for closing and opening are on the school calendar and website. You must clear your room at the end of each term Christmas, Easter and Summer. It is your responsibility to arrange storage for your belongings during this time, but house parents will be able to support you with this.

### **HOLIDAY ARRANGEMENTS**

You must always inform the house parents about your arrival/leaving arrangements via the school system. You will always need to provide all information about transport including flight numbers.

### **END OF ACADEMIC YEAR**

All students need to completely vacate and clear their room at the end of the year. They need to leave it in a clean state or there may be an additional charge to clear their room. Those students returning in the next academic year need to vacate their room and will be allocated a new room on their return.

### **COMPLAINTS**

The first step would be to make an informal complaint to your house parent, or Student Council member. If you have a boarding complaint, then you may always speak to your Senior House Parent Beth Valentine or Gill Robinson. If the issue does not get resolved or you wish to make a formal complaint then please contact the Helen Walker, Deputy Head (Boarding and Pastoral Care). You may also contact the Independent Person whose details are displayed in the boarding house.

If the complaint cannot be resolved, please see the St Andrew's complaints policy which can be found on the website.



St Andrew's College is a part of Dukes Education. Together we're extraordinary.