

A DUMMIES

GUIDE TO

RODING

- 2017 -

Welcome Year 12's,

We hope that you are excited for your next two years here at Hockerill and that you will settle in quickly. The next two years are going to fly past very quickly (even though it won't seem like it when the work starts piling high). So, we thought we would help you out by giving you a head start to make life in Roding a little bit easier. This guide tells you about how the house works on a day to day basis concerning duties, prep and events...

Beginning boarding can seem very daunting at first, however everything will become second nature.

**“What you put in is what you get out”**

This quote applies to boarding; try and join in the activities, sign up for the events on the weekends and try something you've never done before! Make the most of your time here in Roding. Boarding is fun if you give it a chance! Remember, we have been in your shoes as well, so don't be afraid to come talk to us. We hope that you have a fantastic two years,

Love, Your Year 13s xx

# DAILY ROUTINE

- 07.00** Suggested wake up time
- 07.45** Room inspection (make sure you are dressed in correct uniform, your bed is made, your bin is outside your room, and your room is tidy)
- 8.00** Registration in the Common Room followed by breakfast in the Refectory
- 8.30** Back to house to get ready to school eg. Brush your teeth
- 8.45** Head off to registration in your form room

## **8.50 -12.35 SCHOOL**

- 12.35** Lunch (you may come back to Roding if you want)
- 13.30** Afternoon Registration in your form room (House Closed)

## **13.30—15.40 SCHOOL**

- 15.40** House opens (you have 2 hours to do whatever you want eg. A club, town, stay in house, Spar)
- 17.30** If you have gone to town, you need to return by this time at the latest
- 17.45** Afternoon room inspection
- 17.50** Supper in the Refectory
- 18.30** Registration in the Common Room
- 18.45** Start of Prep (If you are in your room, you must have your door open. If you are in the computer room, put your sign on the door saying you are in the IT room)
- 20.45** End of Prep
- 21.15** Boarder Sports
- 22.30** Lights out (early bed time @ 22.15 only on Sunday) It is better to pack your bag the night before.

# HOW THE HOUSE WORKS

## Your stuff:

It is **essential** to bring your own plate, bowl and mug or cup all of which should be clearly named and can be stored in either the kitchen or your room. It is nice to bring your own bed sheets from home however this is not essential and the house do provide bedding.

## Laundry:

- Every item of clothing which goes in the school was must be clearly labelled with your name and laundry number (sown in or iron on are preferable) before it goes in the wash otherwise it is unlikely to be returned to your pigeon hole.
- Make sure that you close your bra straps inside your netbags because they can catch on other items and rip clothing. (It may be sensible to have two netbags, one for your white underwear and one for the darker items)
- Towels and bedding can be washed at school on set days (Thursday for bedding) please ensure that they are labelled clearly so that they can be returned to you.
- There is a washing machine in the kitchen for you to use to wash any precious items of clothing or items which may be easily discoloured.

## Internet

Getting used to the school wifi can take a while but once you have a school logon for smooth wall it will soon start to make sense. Please be aware that some websites may be blocked by the school and it is not just you that are blocked from them, everyone else will be too. If you feel a website is unfairly blocked mention it to a member of boarding staff and they will try and resolve it for you.

Skype is a great way of keeping in touch with your family but please be aware that it does cause the whole school Wi-Fi to crash if it is used frequently so please only use it every now and again.

Another option is to ask your parents to call the payphone to purchase a **three £15 add on** which gives you unlimited internet as well as lots of calls and texts. If you need more information about either of these please ask us.

## Pearls

Whenever you complete a helpful task (e.g. helping out a member of staff or other girls) without being asked, a House council member will inform a member of staff who will in turn award you a 'pearl'. At the end of each term the girl with the most pearls will be awarded a gift from the house.

## Sanctions

If you break the rules, there will be consequences. Your house status could be lowered or lose privileges. Try and stay out of trouble, the more you are trusted, the easier you will find your life in boarding.

# DUTY SYSTEM

To ensure that the house runs smoothly, everyone gets at least one duty a week.

Remember that everyone depends on you for this, so check the weekly duty rota at your nearest noticeboard (opposite the study, outside the staff whiteboard) every Sunday night; if Mrs Kheng has your email address, she can email you an electronic copy. It is important that everyone does their duties. Otherwise, there will be consequences eg. The kitchen being closed.

\*A tip to not forget your duty: Set a reminder on your phone.

A House Council Member and House Captains Team Member will give you either a “Well Done” (W), “Satisfactory” (S), “Not done” (N). If you fail to do your duty, you will have to do an extra duty the next week.

If you can't do your duty, you can swap duties with someone but make sure to change it on the duty rota that is outside the study. Your duties are shared between your roommate so

| Duty              | What do you have to do?  | When do you need to do it?                   |
|-------------------|--|--|
| Breakfast Orderly | - Collect the sugar bowls and milk jugs that all Roding sit at and place them on the silver trolley at the front of the Refectory  | After Breakfast, before 8:30                 |
| Supper Orderly    | - Make sure that the Roding tables are clean by wiping down the tables with a cloth available on the trolley   | After Supper, before 18.30                   |
| Laundry           | - Collect the laundry buckets from the day boarders room<br>- Place everyone's laundry in their respective pigeon holes neatly by checking the names/numbers on the clothes<br>- IF there is unnamed laundry, put it on the table in the common room | Preferably after school, between 15.40—17.30 |
| Common Room       | - Close the curtains, make sure sofas cushions, blankets, and bean bags are neat<br>- Throw any rubbish away<br>- Ensure all chairs are tucked away and TV remotes have been placed on the table under the TV.                                       | Must be done by 22:00                        |
| Computer Room     | - Shut down all computers<br>- Make sure all desks are in a row, key boards are straight and the chairs are tucked in<br>- Close the windows, blinds and turn off light  | Must be done by 22:00                        |
| Kitchen           | - Wash, dry and put away any dirty dishes<br>- Wipe the counters and tuck away the stools<br>- Sweep the floor if necessary and throw away any rubbish   | Must be done by 22:00                        |

# BOARDERS' SPORT

Boarders' Sports are sports sessions that takes place about 3 times per week. It is not a compulsory activity but sessions that allow you to unwind after a long day/week or simply enjoy yourself doing sports.

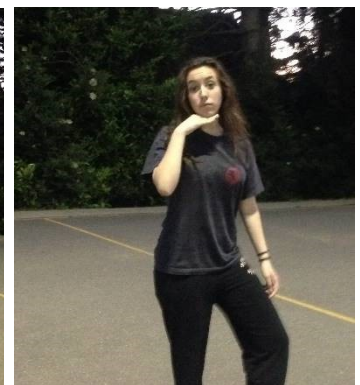
The variety of sports we do completely depend on requests given to the Sports Captain/ Vice Sports Captain or whatever sports they feel people would enjoy the most.

At the beginning of the year, dodgeball seems to be the most popular choice but as the year progresses, we get requests such as basketball, football, handball, fitness training, rounders, baseball, Zumba, volleyball and even lacrosse. There is really no limit to what sports we can do (well... to the extent to what the PE department can provide us) and we highly encourage everyone to join in boarder's sports sessions as they are great stress reliever when you just need to let some steam out.

These are also opportunities the House have given you to get to know people not only in your own year but in year 13 as well as year 11. It is just a great way to bond with people you probably wouldn't speak to much normally. Also, you can claim CAS by doing boarders' sport; there should be a group on Managebac.

## Running:

In the evenings everyone is also allowed to go running around the Principal's lawn after prep. If this is something you want to do, make sure you bring a friend with you as you need two people to sign out with. The staff may ask you to wear a reflective vest or wristband in winter and this is just for your safety.



# UNIFORM

At college it is very important that you wear your uniform properly during the day. This might take some time getting used to, but after a while it will seem like second nature, so don't worry. The best place to buy any uniform first of all is the Uniform Shop on campus (also can be ordered online), you'll need to check the opening times but they sell everything in there including tights and any sixth form uniform. In town, the best place to buy uniform is Next (in Jackson Square) and tights in Sainsbury's.

You can find out more about the uniform regulation in the student planner.

Here is a photo on how to wear your uniform properly.

Your hair should be neat

Your make up sensible

You should not wear too much jewellery (nothing obvious)

You can wear jumpers but they HAVE to be V-neck

Your skirt should be knee length

If you wear trousers they must cover your ankles

You need to wear tights or white socks

And you should wear black, leather shoes

Your suits can be black/blue/charcoal grey



Here is a photo on how not to wear your uniform

DON'T unbutton your blouse too low

DON'T wear skirts which are too short

DON'T forget to wear your blazer (they're super useful by the way. So many pockets!)

DON'T wear trainers to college

And if you do...just don't get caught. If you do, teachers may sign your uniform card which can result in a detention!

# EVENTS

This is a very fun part of boarding; since it's the time you get to socialize with Roding friends but also with day students and BOYS! These events can seem very overwhelming at first, but you know what, if you go along with all your friends, look forward to it and make the most of it you'll enjoy it a lot more. These events only happen at least once a term, so enjoy the chance to dress up a bit and relax from school.

We classify these events into:

Socials – a get together in a boarding house common room or the sixth form centre with music, sometimes themed. **Dress code:** casual

Formals – a very formal dinner in the refectory with many important people like Mr Markham, head of year, head of IB and several teachers; normally followed by a social in a boarding house common room. **Dress code:** formal dress (majority wear knee length) /skirts/jumpsuits/trousers, normally heels.

Discos – usually in St Albans Hall and are very similar to socials only that normally at the discos all the years are present (yr7 to yr13) but they leave at different hours. Mostly for special occasions but that does not influence the dress code. **Dress code:** casual but nice.

Dinners/Balls – these are the big deals! Everyone goes crazy and dresses arrive and get sent back throughout the whole week before one of these. This type of event is quite rare and is normally the Masquerade Ball or the Easter Dinner. These are held in the refectory with the whole of Sixth Form (Masquerade Ball) or from yr10 onwards (Easter Dinner), and are normally followed by a disco in the refectory or St Albans Hall. **Dress code:** formal (majority wear long dresses).

Don't feel like you need to buy a new dress every event. Most often we tend to lend dresses to each other, so don't be afraid to ask around (especially the Year 13's).

You can also ask any of the day students to the Boarding Formals, just ask a member of staff and their meal will be charged to your boarding account.





# SOCIAL LIFE...?

In Roding we have a common room where you can use the pool table, the piano, the wii and other things to relax for a bit. The common room also has huge speakers which is great for playing music to dance or do a workout with. The speakers are also used for socials and other events in Roding. We also intend on setting up our very own gym where girls will have the chance to do workouts, yoga and other sports. The house captain team have been discussing the items that would be in there such as a cycling machine, weights and more!

If you would like to go out for dinner one night, fill in an exeat form which can be found outside the study. This will need to be filled out before the Thursday of that week in order for it to get approved by the appropriate staff members. Here are some recommended spots in town:

| Cheap Places for Lunch/Snack:                   | More Expensive Restaurants: |                | Takeaway's: |
|---|-----------------------------|----------------|-------------|
| Subway  | Italian Cuisine:            | Random:        | Dominos     |
| Wetherspoons                                    | Unico                       | Cote Brasserie | Papa Johns  |
| Thirst Youth Café (milkshakes for a good price) | Zizzi                       | Water Lane     |             |
| Coffee Corner                                   | Pizza Express               | Bills          |             |
| South Street Pantry (the best cake)             | Prezzo                      | Chimmichanga   |             |
| Santos Café (Portuguese)                        |                             |                |             |

## WE ARE HERE FOR YOU

Hockerill is extremely understanding towards boarders' problems, be they physical or psychological, personal or interpersonal. As such, there are systems in place that can help you when you're in need.

THE HEALTH CENTRE – This is a building near Winchester House which is open on weekdays from 8:00am to 08:40, and from 15:40 to 20:30. It's also available between these times, but only for urgent matters. The Health Centre doesn't just dish out paracetamol when you're feeling sick; there are beds available if you've got an illness, or if your work's ripped your sleep schedule apart. You can also apply for their weekly counselling service, if you feel you need it. This is mainly arranged by speaking to the teachers in the Sixth Form Office, who'll take any conditions (depression, anxiety, BPD, etc) into account and support you through your academic and boarding life.

MENTOR – Your mentor, who's usually also your form tutor, is assigned to you at school at the beginning of the year and is there if you want to talk about things that are stressing you out, both academically and personally.

HOUSE TUTOR – Similarly, your House Tutor is the teacher assigned to you at the beginning of your boarding year. She'd be better at dealing with personal issues than academic ones, although of course she could give you advice about anything.

STAFF – Hopefully, there'll be members of staff you get along particularly well with, and if you don't trust anyone else, they'll happily be available if you need help.

INDEPENDENT LISTENER – You'll be briefed about her several times. She's an external counsellor who can be contacted via email or by phone, and you can talk to her about issues if you don't want to speak to anyone who knows you personally.

**By law, these people are obliged to keep conversations confidential unless they feel that you or your fellow students are at risk.** Always remember that your fellow students, particularly friends in the boarding house, can always be trusted to listen to you and to offer you support about any difficulties you could face. Year 13s are particularly happy to help – they know the drill now, and it's often easier to talk to someone who's almost in your shoes rather than an adult. You can find plenty of girls who you have things in common with. Never be afraid to ask for help—WE ARE HERE FOR YOU!

# THE YEAR 13'S

Below are pictures of us! The Facebook logo simply means that we have a Facebook account and if their name is in brackets this is the name you should search for on Facebook. We've also put our emails down, so feel free to contact us over the summer!

The House Captains team are your link between the teachers and the students. If you have any suggestions, you can come to us as we have a House Council Meeting every Tuesday. During these meetings, we discuss things that have been going on in house with Mrs Kheng our Head of House so this is your chance to get some ideas in about what you would like to see change in Roding .

House Captain—Kristie To

Deputy House Captain—Leila Gessner

House Prefects: Marina Kan, Heloise Olufs, Vanessa Igoe, Naomi Weiler


Sports Captain: Charlet Chan

Deputy Sports Captain: Eva Attais


We understand that you will be very nervous embarking on the IB journey, however we can assure you that Roding is a supportive environment where it is very easy to fit in to. You will soon realize that the Hockerill Sixth Form offers you endless opportunities that allow you to reach your potential. Take every challenge that is forced your way and carry it out with the Roding pride! You will be left with some great memories from Hockerill but only if you first get involved in the boarding and school community!

And now, I am proud to introduce to you, the Roding Year 13's....



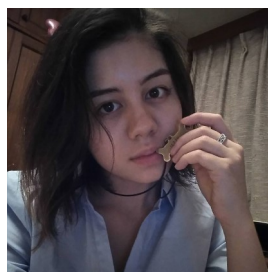
Name: Gabrielle Clarke   
Email: gabbie@gmail.com  
British, lives in UK  
HL Subjects: Biology, History, Chemistry




Name: Nadia Nishizono-Miller   
Email: nozomi-quacks@yahoo.co.uk  
British/Japanese, lives in UK  
Speaks Japanese  
HL Subjects: Physics, History, Music




Name: Rianne Stout   
Email: riannethere-sia@hotmail.com  
Austrian, lives in Vienna  
Speaks German, Dutch, French  
HL Subjects: Chemistry, German A, French B




Name: Celestya Riva   
Email: celestya.riva@gmail.com  
Italian/Japanese, lives in Milan  
HL Subjects: Social Anthropology, French B, English Lit




Name: Kristie To   
 Roding House Captain  
 Email: kristie.to@gmail.com  
 Chinese, lives in Hong Kong  
 Speaks Cantonese  
 HL Subjects: Business, Biology,  
 Psychology,




Name: Marie Lippert   
 Email: marie.lippert@t-online.de  
 German, lives in Söhle  
 Speaks German, Spanish  
 HL Subjects: English A Lang/Lit,  
 German A Lit, Biology



Name: Esperanza Jimenez-Jaso   
 Email: esperanza\_jimenez@outlook.com  
 Spanish, lives in Navarra (Spain)  
 Speaks Spanish, French  
 HL Subjects: Geography, French B,  
 Spanish B,




Name: Whitney Gitaari   
 Email: whitneygitaari@ymail.com  
 British/Kenyan lives in England  
 HL Subjects: Social Anthropology,  
 English Lit, Psychology




Name: Charlet Chan   
 Sports Captain  
 Email: charlet.chan0224@gmail.com  
 British, lives in Rugby (England)  
 Speaks Cantonese, Mandarin  
 HL Subjects: Economics, English Lit,  
 Geography



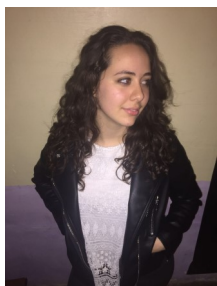
Name: Elena Fillola (Fillo)   
 Email: elenafi23@gmail.com  
 Spanish, lives in Zaragoza (Spain)  
 Speaks Spanish  
 HL Subjects: Maths, Physics,  
 Business




Name: Maria Panzera   
 Email: merypanzer99@gmail.com  
 Italian, lives in Milan  
 Speaks Italian  
 HL Subjects: History, English Lit and  
 Lang Social Anthropology




Name: Eva Attias   
 Deputy Sports Captain  
 Email: evamayattias@gmail.com  
 Swiss/ English Lives in Lausanne  
 Speaks French  
 HL Subjects: Psychology, French A  
 Social Anthropology,




Name: Alicia Monreal Chueca   
 Email: alicia\_mccm@hotmail.com  
 Spanish, lives in Tudela (Spain)  
 Speaks Spanish, English, French  
 HL Subjects: Maths, Chemistry,  
 Physics




Name: Gaia Casolino   
 Email: gaia.casolino@gmail.com  
 Italian, lives in Desenzano del Garda  
 Speaks Italian  
 HL Subjects: Economics, Italian,  
 Social Anthropology,




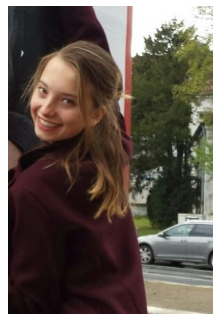
Name: Marina Kan   
 Email: marinakan13@gmail.com  
 Chinese, lives in Macau  
 Speaks Cantonese, Mandarin  
 HL Subjects: Chemistry, Biology,  
 Psychology



Name: Naomi Weiler   
 Email: na.weiler@gmx.de  
 German, lives in Berlin  
 Speaks German  
 HL Subjects: Biology, History, Social  
 Anthropology




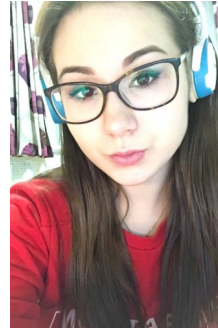
Name: Benedetta Lanati (Bendetta)   
 Email: benedettalanati@gmail.com  
 Italian, lives in  
 Speaks Italian, Spanish, French  
 HL Subjects: Italian A Lit, English A Lit and Lang, Spanish B, History




Name: Hanna Pregun  
 Email: hl.pregun@web.de  
 German, lives in Frankfurt am Main  
 Speaks German, Hungarian, French  
 HL Subjects: German A, Biology, French B,




Name: Lola Motajo   
 Email: motajol10@online.hockerill.com  
 Nigerian/Canadian, lives in UK  
 Speaks French  
 HL Subjects: Psychology, Biology, Chemistry



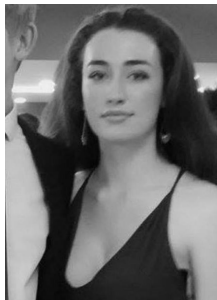
Name: Elisa Le Mesurier   
 Email: elisa.l.m@hotmail.com  
 Russian, lives in Basel Switzerland  
 Speaks German, French, Swiss, Russian,  
 HL Subjects: English Lit, History, Biology,



Name: Fannia Chung (Ta Ta)   
 Email: fannia.chung@gmail.com  
 Chinese, lives in Hong Kong  
 Speaks Cantonese, Mandarin  
 HL Subjects: English Lit and Lang, Art, Biology,




Name: Katie Keane   
 Email: Katie.keane@me.com  
 British, lives in UK  
 Speaks French  
 HL Subjects: Physics, French A, Psychology




Name: Vanessa Igoe   
 Email: vanessa.igoe@google.mail.com  
 Irish/Italian, lives in UK  
 Speaks Italian  
 HL Subjects: English Lit, Italian B, Social Anthropology



Name: Megan Rushman   
 Email: megan@rushman.net  
 Half British/Half Irish, lives in UK  
 Speaks French, German  
 HL Subjects: History, Chemistry, Social Anthropology




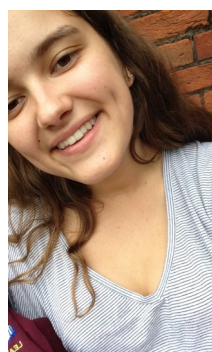
Name: Kajal Shah   
 Email: kajal1598.ks@gmail.com  
 Kenyan, live in Nairobi, Kenya  
 Speaks Swahili  
 HL Subjects: Biology, Geography, Psychology



Name: Heloise Olufs  
 Email: ho@olufs.org  
 German, lives in Berlin, Germany  
 Speaks German  
 HL Subjects: French B, German A, Biology




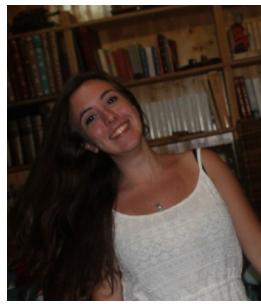
Name: Anna (Anni) Terrone   
 Email: terrone.anna@gmail.com  
 Italian, lives in Turin, Italy  
 Speaks Italian, Spanish  
 HL Subjects: Italian A, Biology, English Lit & Lang




Name: Leila Gessner  
 Email: gessnerleila@gmail.com  
 German, lives in Mallorca  
 Speaks Spanish, German  
 HL Subjects: Biology, Spanish A Lit, English Lit and Lit




Name: Giulia Sessich   
 Email: giulia@sessich.com  
 Italian, lives in Rome  
 Speaks Italian  
 HL Subjects: Theatre, Psychology,  
 English Lang & Lit



Name: Marta Casas Rodríguez   
 Email: marta-zowi@hotmail.com  
 Spanish, lives in Madrid  
 Speaks Spanish  
 HL Subjects: Economics, Spanish Lit,  
 Computer Science




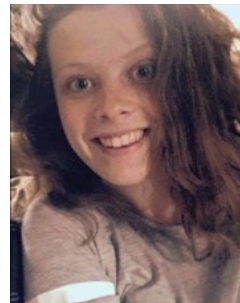
Name: Arianna Meoni   
 Email: arian-  
 nameoni12@gmail.com  
 Italian, lives in Rome  
 Speaks Italian, Spanish  
 HL Subjects: Italian A, English A,  
 Spanish B




Name: Jessica Goebel  
 Email: Jessica.s.goebel@hotmail.de  
 German, lives in Bremen  
 Speaks German  
 HL Subjects: English Lit and Lang,  
 History, Biology




Name: Aletta von Brockhusen   
 Email:  
 Aletta.brockhusen@gmail.com  
 German, lives in Berlin  
 Speaks German, French, Dutch  
 HL Subjects: Psychology, Biology,  
 French B



Name: Celia Romyn   
 Email: celia.romyn@gmail.com  
 British, lives in UK  
 HL Subjects: History, English Lit,  
 Social Anthropology



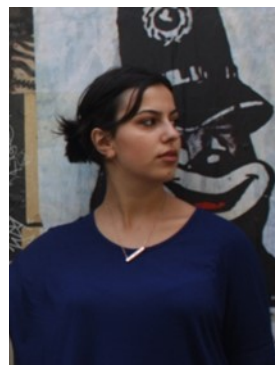
Name: Murren Richards   
 Email: richardsmurren@gmail.com  
 British, lives in Guernsey (Channel  
 Islands)  
 HL Subjects: Psychology, English Lit,  
 Social Anthropology




Name: Emma Rast  
 Email: emma.rast99@gmail.com  
 Swiss/Zambian, lives in Zurich  
 (Switzerland)  
 Speaks Swiss German, German  
 HL Subjects: German B, History,  
 Biology



Name: Millie Berrett   
 Email: millie-berrett@hotmail.com  
 English, lives in UK  
 Speaks German  
 HL Subjects: History, Biology,  
 German




Name: Valnerina Amati   
 Email: vamu99@libero.it  
 Italian, lives in Umbria (Italy)  
 Speaks Italian  
 HL Subjects: Psychology, Art,  
 Italian



Name: Abigail Dallas  
 Email: abigailjadedallas@gmail.com  
 English, lives in Dubai, UAE  
 Speaks French, "bad" German  
 HL Subjects: French B, English Lit,  
 History



Name: Magalí Ostroviecki   
 Email: maggster@hotmail.com  
 Spanish, lives in Barcelona  
 Speaks Spanish  
 HL Subjects: Spanish A, French B,  
 Psychology