



ABBOTSLEIGH



# Boarding at Abbotsleigh

# Message from the Headmistress

It is an absolute delight to warmly welcome you to boarding at Abbotsleigh. Boarding forms a very special and important part of our exciting, innovative and vibrant school where our girls love learning and have 'the opportunity to be more so that they have the ability to be more'.

Providing care and support for each girl, our wonderful boarding staff foster a positive and supportive community where each girl is highly valued and her individual gifts and strengths are celebrated. Equally, our girls are encouraged to form and develop positive relationships with each other and with each member of our boarding staff so that their experiences in their 'home away from home' may be rich and rewarding and characterised by positivity, good manners, mutual respect, kindness, and consideration.

Boarding at Abbotsleigh provides a valuable opportunity for each girl to develop self-reliance and independence and to discover more about herself, as well as to develop deep and meaningful connections with others. It is also an opportunity to discover her array of gifts and talents and to participate fully in the myriad of opportunities offered at Abbotsleigh.

I am really looking forward to working in partnership with girls, parents and staff so that our boarders may begin, or continue, their exciting journeys in becoming their very best selves and truly flourish. I hope that you will all enjoy being part of our vibrant Abbotsleigh boarding community.



Megan Krimmer  
Headmistress

# Welcome to Boarding at Abbotsleigh

Boarding at Abbotsleigh is a very special experience. Our boarding staff work alongside our girls and their families to support the emotional, physical, spiritual growth and development of every individual. Knowing each of our girls on a personal level allows us to ensure that her academic and pastoral needs are met, ensuring that she can achieve her personal best in every endeavour undertaken at Abbotsleigh.

As the Head of Boarding, my desire for all boarders is that they discover who they truly are and develop a deep love and respect for themselves. Through meeting girls and making positive and genuine connections with friends from different Australian States and Territories as well as from overseas; boarders have a unique opportunity to learn about and understand the values of different cultures, faiths, and backgrounds - and form bonds that can last a lifetime.

We support our girls to become independent and confident young women, with a strong moral compass and an awareness of the environment and their impact upon it. All we ask in return is that girls display a positive and willing attitude to fully immerse in the culture of boarding and be open to taking full advantage of the amazing opportunities that lie ahead.

We warmly welcome you and your family into our Abbotsleigh boarder community.

Kind regards,



Jasmine Palmer  
**Acting Head of Boarding**

# Our philosophy

The following principles underpin boarding at Abbotsleigh:

- Abbotsleigh Boarding nurtures the growth and development of each girl within a safe and secure environment. Each girl is encouraged to reach her goals and the staff are sensitive to each girl's physical, academic, emotional, spiritual, sporting and cultural needs.
- Girls are encouraged to become responsible citizens who respect themselves and others and who live harmoniously with others in a community while simultaneously maintaining individuality.
- Cooperation and consideration are fundamental principles of the Boarding School.
- Self-discipline is valued and each girl is encouraged to accept responsibility for her actions.
- Parents are encouraged to visit the boarding house as often as they wish. Family members are welcome to join us for dinner or chapel at any time. Positive communication between girls, parents and staff is fostered.

We operate stand alone houses, which accommodate our boarding community. Each house is managed by a live-in Boarding Coordinator, who manages her own team of dedicated staff to meet the needs of the girls.



Read



McCredie



Wheeldon

# Who's who in **boarding?**

## Organisation

A highly experienced team of staff cares for the girls in the Boarding School. The positions and roles are as follows:

## Head of Boarding

The Head of Boarding is a member of the Senior Leadership Team at Abbotsleigh who regularly presents boarding matters to the Headmistress and School Council. The Head of Boarding is responsible for the strategic direction and overall operation of boarding. This entails establishing and guiding policy, communication with the parent body, staff matters and student concerns.

## Deputy Head of Boarding

The Deputy Head of Boarding plays an integral role in creating a positive and caring culture that encourages and supports the wellbeing, pastoral care programs and academic programs within boarding. The Deputy Head of Boarding assists the Head of Boarding in all administrative operations of boarding. This includes staffing, policy, compliance, daily administration and organisation and deputising for the Head of Boarding in her absence.



## Boarding Coordinators

Boarding Coordinators are the first point of call for parents and provide a central link between the Day and Boarding Schools. This role has a strong wellbeing focus for both the boarders in their care and for their teams of boarding staff, who work closely with the Boarding Coordinator to nurture the spiritual, emotional, and physical development of each individual. Boarding Coordinators play an important role with supporting the academic needs of all boarders to encourage success with their studies. Each Boarding Coordinator has overall responsibility for her own house, creating a warm, supportive, and happy home-like environment, where boarders can rest, relax, make friends and feel valued as a member of the wider boarding community.

## Senior Boarding Assistants

Senior Boarding Assistants support the Boarding Coordinators in their role and deputies for the Boarding Coordinator when they are not on duty.

## Boarding Assistants

Boarding Assistants support the Boarding Coordinator and Senior Boarding Assistants in their roles, looking after the day to day needs and pastoral care of the girls.







# Boarding house **routines**

Each of the houses operates with a routine that is designed to suit the development of the girls living in each specific house. The routine may be adjusted at the discretion of the Boarding Coordinator in consultation with the Head of Boarding. The below gives you an outline of general routines throughout the week.

## Monday to Thursday

**7 am** Wake up (Monday, Tuesday, Wednesday, Thursday, Friday)

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**7.30 am** Breakfast in the Dining Room  
(Monday, Tuesday, Wednesday, Thursday, Friday)

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**3.25 pm** Return to the house

Street leave may be taken for up to an hour from 4-5 pm

All years are encouraged to wear casual clothes when on street leave from Monday to Sunday

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## Monday only

**5.30 pm** Chapel

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**6 pm** Dinner

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**6.30-7.45 pm** Prep, Years 7 and 8

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**6.30-8 pm** Prep, Years 9 and 10

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**6.30-9 pm** Prep, Years 11 and 12

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## Tuesday, Wednesday, Thursday

<b>5.30 pm</b>	All Years in Prep
<b>6.15 pm</b>	Dinner for Years 7, 9 and 11
<b>6.45 pm</b>	Dinner for Years 8, 10 and 12 Prep session 2 for Years 7, 9 and 11
<b>7.15 pm</b>	Prep session 2 for Years 8, 10 and 12
<b>7.30 pm</b>	Prep session ends for Year 7
<b>8 pm</b>	Prep session ends for Years 8, 9 and 10
<b>8.45 pm</b>	Year 7 bedtime
<b>9 pm</b>	Year 8 bedtime
<b>9.15 pm</b>	Year 9 bedtime
<b>9.30 pm</b>	Year 10 bedtime
<b>10 pm</b>	Year 11 and 12 bedtimes (at the discretion of boarding staff)

## Boarder tutoring program

Sample day	Year 7	Year 8	Year 9	Year 10	Year 11 and 12	
<b>5.30-6.15 pm</b>	Prep	Maths			English	Economics
<b>6.15-6.45 pm</b>	Dinner		Dinner		Dinner	
<b>6.45-7.15 pm</b>	English	Dinner	General homework tutors	Dinner	Standard English	Dinner
<b>7-7.30 pm</b>		General homework tutors		General homework tutors		History
<b>7.30-8 pm</b>				English	Chemistry	
<b>8-8.30 pm</b>						

## Friday nights

**3.25 pm** Return to house. Organised, pre-approved leave may be taken

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**6.30 pm** Dinner in the respective boarding houses

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**8.45 pm** Years 7 and 8 return from leave (if returning tonight)

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**9 pm** Years 9 and 10 return from leave (if returning tonight)

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**9.15 pm** Years 7 and 8 bedtime

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**9.30 pm** Year 11 return from leave (if returning tonight)

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**9.30 pm** Years 9 and 10 bedtime

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**10 pm** Year 11 bedtime

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**10 pm** Year 12 return from leave (if returning tonight)

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**10.15 pm** Year 12 common area lights out

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## Saturday and Sunday

**Breakfast at leisure in the boarding houses**

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**1 pm** Lunch in respective boarding houses

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**6.30 pm** Dinner in respective boarding houses

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### **Years 7 and 8 return from weekend leave**

\* Saturday 9.30 pm    \* Sunday 8 pm

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### **Years 7 and 8 bedtime**

\* Saturday 9.45 pm    \* Sunday 8.45-9 pm (depending on year group)

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### **Years 9 to 12 return from day leave**

\* Saturday 10 pm    \* Sunday 8.30-9 pm (depending on year group)

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### **Years 9 and 10 bedtime**

\* Saturday 10.15 pm    \* 9.15-9.30 pm (depending on year group)

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### **Years 11 and 12 bedtime**

\* Saturday 10.30 pm    \* Sunday 10 pm

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# Packing list

## School uniform

- 2 x summer tunics
- Summer hat
- Sports uniform
- Sports cap
- Joggers
- A roll of black hair ribbon and hair ties/scrunchies

## Casual clothing

- T-shirts (2)
- Jeans or trousers (2)
- Skirt or long shorts for chapel
- Sweat-shirt, jumper (2)
- Jacket
- Socks (6 pairs)
- Underwear (and net lingerie bag for washing delicate items)
- Casual shoes, thongs
- Dressing gown (to respect the privacy of boarders and staff)
- Pyjamas (2 sets)
- Swimming costume and cap
- You may also like to bring some bright, wacky clothes for socials and special events too

## Bedding and linen

- Single doona and 2 x single doona covers
- Pillow(s)
- Single sheet set and pillowcase(s) x 2
- Bath towel (2)
- Beach towel (1)

## Toiletries

- It is handy to purchase a little plastic 'shopping basket' type container that can be carried to the shower with shampoo, soap, deodorant etc.
- It is a very good idea to bring two toothbrushes and toothpastes. One can be placed in a small plastic container to keep in your locker so that you can clean your teeth after breakfast, as you do not return to the boarding house.

## Other items

- Desk lamp
- Stationery and stamps
- Thumbtacks for pinboard
- Alarm clock (mobile phone alarms cannot be used as these are collected each evening at bedtime)
- Small torch with batteries
- Photos and posters to personalize pin board
- Umbrella clearly marked with name (whiteout is good!)
- Small power board and portable charger (useful for charging phones overnight if needed)
- Small overnight bag
- Coat hangers
- A USB stick
- Headphones
- Extension cord (up to 2 metres)
- Water bottle
- Alarm clock (mobile phone alarms cannot be used as these are collected each evening at bedtime)
- Small torch with batteries

- Photos and posters to personalize pin board
- Umbrella clearly marked with name (whiteout is good!)
- Small power board and portable charger (useful for charging phones overnight if needed)
- Small overnight bag
- Coat hangers
- A USB stick
- Headphones
- Extension cord (up to 2 metres)
- Water bottle
- Book light to encourage reading
- Coat hangers
- Hair dryer/hair straighteners (optional)



# Weekend activities

Boarders are permitted to take leave from the boarding school at any time during the term to visit friends and family (except for the very first weekend of Term 1, which is our whole Boarding School Closed Weekend). Each of our boarding houses provides a Saturday night activity catered to the needs and interests of all girls who are in that weekend.

## Weekend activities program

Friday	Saturday	Sunday
Games night	Arts and crafts	Attend NRL/Super Netball matches
Soap making	Paper mache hot air balloon making	Treetops Adventures
Backyard karaoke night	Themed parties/dinners	Escape/Challenge Rooms
Socials with other boarding schools	Attend musicals/productions	Sydney city visits





# Boarding FAQs

## **Q: How many girls are there in boarding and where do they come from?**

Our 130 Abbotsleigh boarders predominately come from rural NSW; however, we do have some girls from metropolitan NSW and from overseas. Our international boarding population represents Hong Kong, Papua New Guinea, Vietnam and Macau.

## **Q: How do you organise rooms?**

In Years 7-10, girls will share rooms with a variety of different boarders from their year group and change these combinations every term. Rooms vary in size from twos, threes, fours and fives. This provides the opportunity for girls to share with lots of different people from their cohort, helping them to get to know one another and form positive friendships. In Years 11 and 12, girls are allocated a single occupancy room, in which they will remain for their senior years.

## **Q: What is the food really like in boarding?**

Boarding school food tends to get a negative press in general; however, the food at Abbotsleigh is great. Boarders can get a hot cooked breakfast three days a week and can also make their own lunches. Lunches range from wraps, sandwiches and salads with plenty of protein and vegetable options. Boarders also get morning and afternoon provided, and these can be sweet or savoury items.

Through our Year Level Leaders, every girl is provided the opportunity to engage in regular feedback on the school menu and advise the Catering Department of any changes they would like. Our menu is then passed to a qualified dietitian for consideration before it is published to the boarding community. All dietary requirements are catered for.

## **Q: What if my daughter gets homesick?**

Homesickness is a very common and natural side effect to moving away from home. The length of time one may struggle with homesickness can vary and so there is no one size fits all approach to dealing with it. Should your daughter suffer from homesickness, her Boarding Coordinator will work very closely with you to implement strategies to help and support her during this time. For most girls, homesickness can be managed with frequent calls home and proactive engagement in school and boarding life.



**Q: Whom should I contact if I am concerned about my daughter settling into boarding school life?**

Your Boarding Coordinator is the main port of call for all matters relating to your daughter while she is a boarder at Abbotsleigh. It is very important that you keep her updated with any concerns you have about your daughter. Your Boarding Coordinator is also the link between parents and the day school. The Head of Boarding is another significant person who is key in the care of your daughter. She collaborates very closely with the Boarding Coordinator, Head of Senior School and other key members of the Senior School Executive to ensure that the boarding school continues to be a vibrant, happy and safe place of our girls to grow and learn together.

**Q: Can I visit my daughter when I am in Sydney?**

Absolutely! At Abbotsleigh we have an 'open door' policy for parents. You are welcome to visit your daughter at any time. We warmly invite you to join us for Boarder Chapel (Mondays 5.30 pm) or a meal (so you can sample the wonderful food for yourself) whenever you are in Sydney. Please just let your Boarding Coordinator know to expect you so we can advise the Catering team. Your daughter is also encouraged to take leave with family and friends on the weekends and also to invite friends into the boarding house to spend time with her there.

**Q: What academic support is on offer for my child?**

All our boarding staff are prepared to support the girls when completing their homework tasks.

In addition to this, Abbotsleigh provides a boarder tutoring program that focuses on individual study, academic mentoring as well as subject-based tutoring. These sessions are facilitated by Abbotsleigh tutors and teaching staff and take place in the library.

Boarders also engage with Elevate Education, which works with our students to deliver high impact workshops on study skills, motivation, wellbeing and exam preparation, aimed at increasing classroom confidence so that all our boarders can thrive academically.

**Q: What support do parents receive?**

Abbotsleigh values the connectedness and warmth of our parent community. We recognise that families are important partners of the School, and that their involvement and support enriches the learning and educational environment for our students.

The Abbotsleigh Boarder Parents' Association (ABPA) provides an invaluable link between boarders, their parents and the School. Parents volunteer to be Year Coordinators each year and act as vital information channels for the boarding community, as well as help organise boarder parent social events.

**Contact the Acting Head of Boarding**

Mrs Jasmine Palmer  
[palmerj@abbotsleigh.nsw.edu.au](mailto:palmerj@abbotsleigh.nsw.edu.au)  
9473 7727

**Contact the Registrar**

Mrs Colleen Fenn  
[fennc@abbotsleigh.nsw.edu.au](mailto:fennc@abbotsleigh.nsw.edu.au)  
9473 7744





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