

Boarding Newsletter

FROM THE ASSISTANT PRINCIPAL (BOARDING)

The Spring Term in DLD Boarding has been one filled with cultural celebrations, and how wonderful in a world where division seems to be the word of the year, that at DLD we can **celebrate** that the thing we all have in common is our diversity. In our cultures, our languages, our traditions, our ideas, we have so many different ways of seeing the world, and often in life, I think we tend to see the world as **we** see it, rather than trying to see the world the way **others** see it.

This is one of the wonderful things about an education at DLD here in Central London. Yes, we can boast about our fabulous facilities. Yes, we can be proud of our location, but living and working **together** in a **community** of 60 nationalities, the education our students find themselves receiving goes far beyond the work in lessons (and my goodness, was I impressed by the efforts that went into our students' mocks this term). We all learn about each other, about **acceptance** rather than tolerance, about other cultures and about our world around us.

Our boarders have forged **friendships** that will last a lifetime and which cross international boundaries, bringing people together, rather than focusing on our differences.

Our new Student Council, which many of our boarders sit on, demonstrate the collegiate collaborative nature at DLD, and I am proud to see so many boarders representing their friends and colleagues in the new format this year.

How wonderful it would be if our international leaders could come to DLD to spend a day **learning** something from our students about working collaboratively by **listening** to each other, leading with **integrity**, and shining a light on their achievements.

The more observant readers will notice I have highlighted certain works in this article, which paint a picture of the reality of boarders at DLD, namely:

Celebrate
We & Others
Together
Community
Acceptance
Friendships
Learning
Listening
Integrity

John J. Taylor

Assistant Principal (Boarding)



Writing messages of love on Valentine's Day

FROM THE VICE-PRINCIPAL (PASTORAL)

As DLD College London continue to pioneer the Urban Boarding concept within the United Kingdom, we have been excited this year to have welcomed a number of schools who have come to look at our amazing campus and meet our wonderful pastoral team. One of the areas that has impressed a number of visitors is the training that we offer for our Student Council and mentors in the School. Student empowerment is key to a better community and the training that we offer includes: Active Listening; Safeguarding; Working with Students with English as a Second Language and training in Mental Health, including training from one of the students this year, Amirreza, who was supported by our own College Counsellor to train other students in Cognitive Behaviour Therapy.



Tom Hadcroft
Vice Principal (Pastoral)

We also have twenty-five students who are trained in Mental Health First Aid, one of the largest groups of trained students in one School in the UK. Our new Student Council, who start after the Easter break, will be all trained Mental Health First Aiders in the first term. They are all outstanding individuals, led by Tim (a Head of Huddle) and Almarina and we hope that they will continue the great work from that the outgoing council started last year to further strengthen our Urban Boarding School.



Our new **Student Council** includes both boarders and day students

Boarders delivering donations to a local homeless charity



Nowruz 2019

Nowruz is the Persian New Year, celebrated by various countries in the region. It involves setting a table with various items with symbolic significance, which we do in our atrium during this period. On the night, there was a buzzing party atmosphere as students celebrated together.

OUR PASTORAL CARE

This term we've completed the second assessment for AS Tracking, a pastoral tool that helps us understand where some students might need a bit of support. The youngest four huddles gathered in their common rooms with tea and biscuits to complete the second assessment. AS Tracking helps students ensure they are equipped with skills they will need over the next few years; with university or jobs round the corner it is important we make sure our boarders are able to face these changes head on.

AS Tracking is combined with a many other methods used by the Houseparents, boarding team and the wider pastoral team to ensure we can offer the best support for our students.

Nicola Borland
Senior Houseparent



Pastoral Professionals

In January, before students came back from their Christmas break, the boarding staff undertook pastoral training together, as well as working on a Staff Development Plan Consultation exercise.



John & Tom speak at Boarding Schools Association Conferences

In January, both our Vice-Principal (Pastoral) and Assistant Principal (Boarding) spoke at two BSA Conferences on Pastoral Care for International Boarders, forging links with other BSA Schools, and taking questions from boarding professionals from around the world. Our Principal, Irfan, also took part in a panel discussion on guardianship at the joint BSA / AEGIS conference in March



John with a delegate from a boarding school in Hong Kong

REWARDS WORKING GROUP

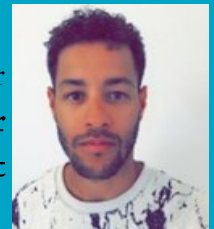
It has been great to have taken the lead along with a small committee of boarders in developing DLD's new boarding rewards policy. Each week, we display the boarders who have received commendations in the previous week. This is a great way of celebrating boarder's achievements.

Those who receive multiple commendations are rewarded in various ways depending on the number of commendations received. We place a high level of importance on rewarding, encouraging and supporting our boarders in making good choices, growing and developing into well-rounded and respectful young people.

Our new policy, while still in its infancy, encourages and rewards good behaviour and creates a positive sense of community where boarders can feel proud of their achievements and share them with the rest of the College.



Myles Blair
Senior
Houseparent



Along with our Houseparent, Jan Haines, boarders took part in a Duke of Edinburgh expedition at the start of the Easter holidays

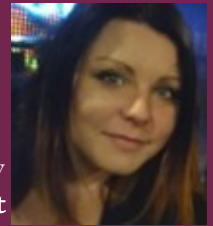


FROM EMMA'S HUDDLE

Although our much looked forward to Huddle Trip to Paris has sadly had to be put on hold due to the current troubles in Paris we have still been busy with trips and activities over the last term! In January we were lucky enough to attend Parts I and II of Harry Potter and the Cursed Child, a play set after the famous series which was a huge hit with all those who attended. February gave us a chance to relive our younger days with the comedic musical stage adaptation of Roald Dahl's famous children's story Matilda at The Cambridge Theatre.

For March we had an in house Pizza night held in the Huddle Hub with homemade cakes and not a scrap was left! After Easter our April in house activity will be another Pizza and Cake evening, May will see us going to Brighton to spend some time on the beach, have a wander along the pier, have some traditional fish and chips and hopefully soak up some sun. For June we have a theatre trip to see Beats on Point a mixture of street dance and ballet as well in house activities including a movie night in DLD Theatre and another Pizza night with homemade cakes! In addition we will hopefully be able rearrange our Paris trip for a busy Summer Term.

Emma Finnerty
Houseparent



Views of the City from College

SATURDAY NIGHT AT THE MOVIES



"Feed Me Please?!"

I love Saturday nights. Usually John is on duty and I come down to the atrium with him for a while to be as friendly to our boarders as possible, in the hope that they will drop some food I can Hoover up for them. Saturday nights tend to be movie nights, so there's always plentiful quantities of popcorn or crisps around. Recently I have been feeling very lively (since I started taking medication for my thyroid condition), and have found that looking alert and giving paws of high-fives to boarders tend to be a successful way of obtaining tasty snacks.

Sasha Taylor
The "DLD Dog"



PAINTBALLING

Kyle took our ever-popular paintballing trip at the start of February, shortly before his departure. Whilst we miss Kyle, we look forward to welcoming our new Houseparent, Auryn Edwards, at the end of April



CSA NEWS

Our boarding house rules for compulsory school age students (CSAs) are quite different to those for older students; they are expected to attend nightly supervised study sessions, their nightly curfew is earlier and they are not able to sign out of the building on their own. As a big thank you to our younger students for observing these guidelines throughout the year, the boarding team arranged a party for them in the Jaguar Huddle Hub.

Usually a boys only floor, for this special event the CSA girls were allowed into the Jaguar's den for a fun night of activities which included table football, board games, darts, quizzes and play station. The boys also made the girls very welcome by providing hot toasted cheese sandwiches, biscuits, fruit and juice. The Jaguar huddle's very own Jaguar mascot came along too and happily posed for picture after picture. Mark, Freddie, Sheila and Yasna from the boarding team were on hand to supervise and join in the party fun and all in all the evening was a roaring success. Following the positive feedback from the CSA students, we plan to run another CSA only social event next term. Well done to our CSA students - you are a credit to the boarding house.

Sheila Price
Houseparent



DEVELOPMENT WITH STUDENT VOICE

Our Compulsory School Age boarders have an evening study session included in their timetable from 7-8.15pm each Monday-Thursday. Although it happens within boarding time, it is a teacher supervised session. This not only provides boarders with support from a teacher while doing their homework but also helps to create good study habits beyond the classroom - something that should be invaluable as they progress their studies.

We recently conducted a survey about the evening study session and received feedback from the CSA boarders as to how they would like to make the most of this time slot. These ranged from requests for tutor lead language learning, one-off lectures on study skills or health and well-being and drama workshops, through to making the session optional for those who have completed their homework, changing the time and cancelling it altogether 'as our timetable is already full enough'.

As is often the case with large, diverse groups we cannot please everyone but the Boarding team will now take these ideas forward and seek to improve the benefits our young students gain through their boarding experience.

Huddle Developments

Student Voice has been instrumental in developing our Common Rooms into homlier, more pleasant and comfortable places to be this term.

Thanks to all our boarders who have got involved in purchasing items for their common rooms!

Jan Haines
Houseparent



FROM THE COLLEGE COUNSELLORS

Who are we?

Darren (Tuesday evenings only until end of June 2019)
Emily - Monday to Thursday only

What do we do?

We provide a non-judgemental, confidential space for you to explore whatever is troubling you. It may be a small recent concern or something you have been battling with for ages. It's a safe space to be listened to; process and work out the way forward. We don't give advice but we can offer strategies for boosting positive mental health. Sessions should feel supportive and challenging.

Sessions last for 40 minutes and scheduled when you don't have a lesson. We can offer 6 sessions with a review for more if there is an ongoing psychological need.

What can we help with?

Common themes are: stress, bullying, negative thoughts, depression, anxiety, low self-esteem, relationship issues, bereavement, family issues and many more.



Emily & Darren
College Counsellors

Is it confidential?

Yes, this is very important to establish trust and safety. However there is one exception – if you are at risk of **significant harm** then the counsellor, with your knowledge will inform the safeguarding lead to ensure you are safe.

What if I don't want it anymore?

It is your decision. Just let the counsellor know, however we always suggest an ending session.

Complaints

If you have a complaint please let the counsellor know first so it can be put right. If it is still not working we can signpost you to further support. It is important to have the right fit.

Do parents get involved?

Some students are happy for parents to know they are receiving counselling. If you are over 16 you are entitled to access counselling without parent knowledge or consent.

Isn't it a stigma to go for counselling?

That is a common misconception. Mental wellbeing is something we should all be aiming for. Things can quickly get on top of us and get in the way of living. Counselling can help with the small and the big. It is like having a mentor where you can gain insight or have a different way of approaching things. It can help enormously to have some good strategies to lead a healthier and happier life. It might be needed for a short while or long term.

Famous people who suffered from depression – Ruby Wax, Stephen Fry, Lady Ga Ga, Cara Delevingue, Justin Bieber, Zoella, Adele, Zayn Malik.

What to expect you when you first attend

The initial session will be an assessment – this is for the counsellor to assess levels of need and goals for counselling and whether the student needs specialist support. It's also an opportunity for the student to know whether they feel this is a good fit for them too. It is absolutely ok if you don't feel it's right for you. Just let us know. If further support is required the counsellor will signpost the student to another agency such as CAMHS or a private provider.

Cancellations

If you need to cancel, please let us know beforehand. If two sessions are missed without prior notice then the service will be withdrawn.

Drop ins

Tuesday Lunchtimes are usually a good time to drop in without needing to book sessions ahead.

Ideas – if you feel that you would like group support for a particular concern or challenge please let us know. We would like to know what workshops are most beneficial for you and your community in the future.

How do I refer?

You can email emily.elliott@dld.org or put a letter in a sealed envelope in my pigeon hole near houseparent desk. Or talk to your director of studies and they can refer.

CLASSICAL SPECTACULAR AT THE ALBERT HALL!

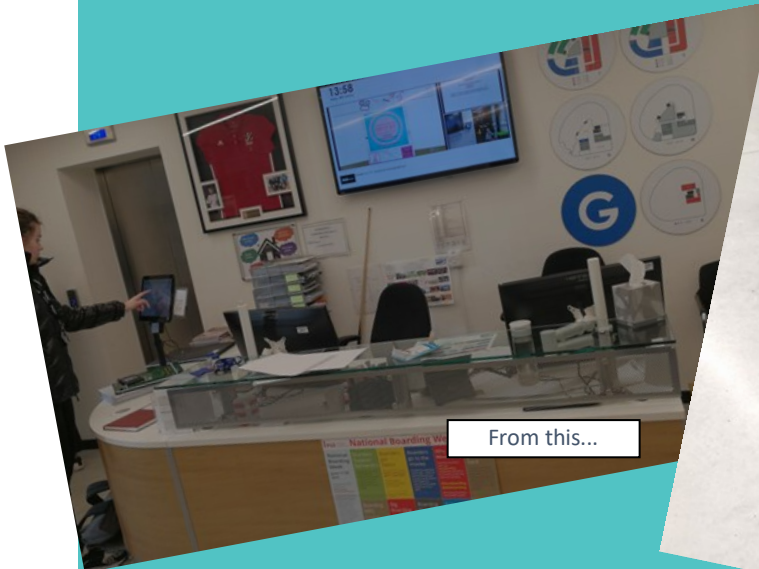


CHINESE NEW YEAR CELEBRATIONS & GAMES NIGHT!

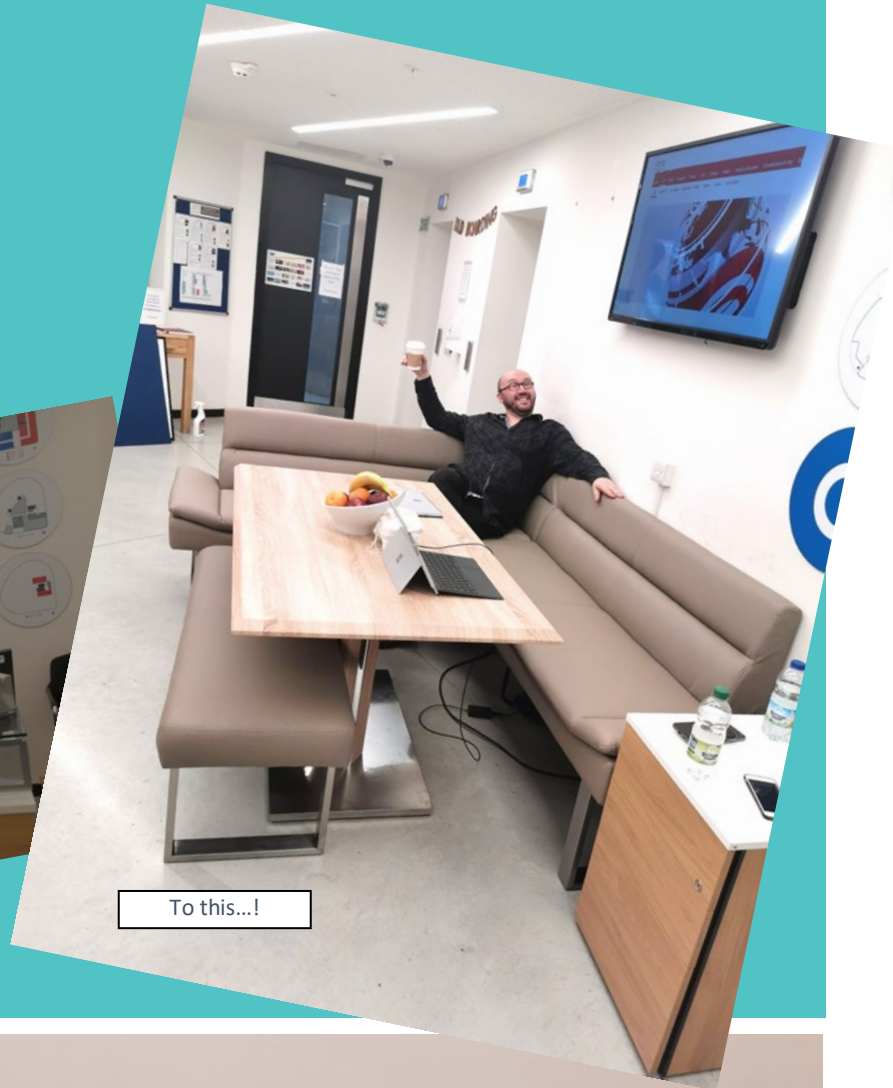


THE 'SNUG'!

As we continue to develop boarding at DLD into a comfortable home from home, we have replaced the former 'cold and corporate' Houseparents' desk with a much warmer, comfier and tidier corner dining set, which Tom keeps referring to as 'the snug'. You can see how happy it makes John!



From this...



To this...!



Boarders from our College Band Club playing a lunchtime concert