

Residential Student Parent / Carers Expectations

Introduction

We endeavour to ensure the health safety and welfare of your child when in residence as a Student of Askham Bryan College. However, in order for this to happen your son / daughter / child is expected to uphold their part of the contract in which they are required to abide by the Residential Rules and College Code of Conduct.

Being a Residential Student

Attending residential college is a big step which requires responsibility and maturity to be able to make the right choices to keep themselves and others safe. It is important to remember students are entering into semi-independent living and this is likely to be their first time away from home. There are staff available 24 hours a day during term-time to monitor and support your son / daughter / child, but what does semi-independent living mean in reality:-

- **Healthy Living**

Self-Advocacy · Lifestyle Choices · Cooking · Shopping · Exercise

We encourage all our students to get involved in the varied enrichment programmes offered, however, we cannot force them to do this. We understand not every activity we put on will be of interest to each individual or friendship group, therefore, we hold mandatory termly house meetings; termly student council meetings; and encourage students to drop into the office with ideas and suggestions of the type of clubs, activities and events they would like to get involved in. This allows us to tailor the enrichment we offer around what the students want. However, many of these events will be subject to the number of participants.

We promote a range of sports activities; our Newton Rigg Campus has deals with local gyms while at our York campus it has its own fitness centre on site. This allows all our students to access, for a small fee, sporting and fitness opportunities while in residence at the college.

Although our under 18 residential students do not have access to a cooker in their accommodation blocks, we run independent cooking skills lessons and themed supervised sessions.

The majority of our residential students are on a half-board package which is enough to cover the purchase of two meals in the onsite restaurant five days a week. There are a variety of meal options available each day and the catering team promote the healthy options. We cannot tell students what they must eat but if you, or ourselves, are concerned about their eating habits whilst at college you are able to view what they are purchasing via the UPAY CHILLI account.

The Residential Team run two shopping trips to local supermarkets each week for students to do their food shopping. Towards the end of the academic year, due to its location, our Newton Rigg Campus encourages its Students to walk into town to undertake their shopping where they then arrange a collection time with staff so any fresh and frozen foods are returned to site in a timely fashion.

- **Skill Building**

Maintain household · Household chores · Personal safety and care · Use of public transportation · Communication skills · Build Relationships

There are many transferable skills which can be learnt from residential living, although your son / daughter / child may not realise it at the time.

Shared living can be difficult at times and not everyone will always see eye to eye. It is important your son/daughter understands this can be difficult and that sometimes compromise, acceptance and adjustments in behaviour and attitude is needed to allow everyone to live in harmony together. It is each individuals' responsibility to keep communal areas clean and tidy, whether or not they chose to use that area, i.e. the kitchen, housemates need to work together to ensure the area is maintained otherwise they will incur additional cleaning charges.

Our domestic team will not pick up any personal belongings of the students. It is the students' responsibility to ensure their bedrooms are kept as clean and tidy as possible so the team can get in to do the additional cleaning to support this each week. There are wardrobes and drawers for them to store their clothes and bags in so the floor space is kept clear.

When sharing a house, it is important your son / daughter / child remembers their actions and behaviour impact on the others they live with. Letting people into the block or leaving doors/windows open poses a risk to the safety and security of other people and their possessions.

We encourage our students to get out and about and explore the local area. Details are provided about local bus and train services and the different events which are going on in the surrounding area.

College is a time when new friendships are forged, however, like all friendships there will be ups and downs and unfortunately not all friendships last. We encourage our students to mix with peers from across the college curriculum areas and to mix with wider groups during enrichment activities to help develop their social skills and experiences.

Communication is key for the development and transition of any young person. We understand there will be times when they have made the wrong choice; feel unsure about a situation; feel pressured by their peers; need a bit of advice; or just need someone to talk to. The Student Services and Residential Team are on hand 24 hours a day during term-time to assist with anything and we would ask that you encourage your son/daughter/ward to speak with us.

Should any student wish to speak to someone in confidence who is not a member of the college staff team nor responsible for its leadership and governance, then they would be able to speak to Pastor Graham Emmerson who visits our Newton Rigg Campus or Geoff Mumford at our York Campus. Alternatively they could contact Samaritans 24 hours a day on 116 123 24.

- **Financial Management**

Budgeting · Requesting needed information · Help completing forms · Financial crisis management

Meal planning is the one activity which students often struggle with, i.e. purchasing the most expensive things in the restaurant and leaving themselves short of money for the rest of the week. Meal deals are promoted in our restaurants and the catering team give students advice on how to make their money last longer. In emergency situations Student Services have an emergency food stock should this be required.

Each student's budget will differ and we ask that you speak to your son / daughter / child prior to them coming into accommodation about how this will work in terms of money for additional meals, enrichment activities and curriculum trips.

The Residential Team are happy to support students with shopping budgets as required and the Student Services team can assist students looking at different bursary options if these have not yet been explored. They are also happy to help students identify and apply for local part-time job opportunities so they can support themselves financially.

- **Emotional Resilience**

Adapt to stressful situations · Understand and Manage Emotions · Rationalize · Positive Mental Health

Understanding and managing emotions to maintain a positive mental health is important for any individual, but more importantly for young people transitioning into adulthood. It is key that you have discussed with your son / daughter / child how they will manage this whilst being away from home. Some top tips:-

- Remind them it is okay not to be okay, everyone has down days – Mental Health is nothing to be embarrassed or ashamed of.
- If something is getting them down or someone/something has upset them; don't react immediately – They need to remove themselves from the situation if they can; take the time to breathe deeply; and gather their thoughts so they can rationalise what is happening.
- Find a healthy outlet – Don't bottle things up. Talk to someone, keep a diary, go for a run, go to the gym, try meditation, or do something they enjoy. Different activities work for different people.
- See the bigger picture – Everything in our lives happens for a reason, whether good or bad. Think about what they have learnt from the situation; what they could have done differently; and what they would change in the future.
- Replace negative thoughts with positive thoughts – Time to turn any negatives into positives. Focus on what they did well in the situation.

Further advice can be found on the Mind website or encouraging your son / daughter / child to download a Mental Health Self Help App called Kooth on to their phones. There are many other useful resources available so please speak to our Student Services Team. Alternatively, our students can refer themselves to our Student Wellbeing Co-ordinators who can offer additional one-to-one support if required.

Key Policies

While in residence your Son / daughter / child is governed by a number of different policies and guidelines including the Social Care Common Inspection Framework (SCCIF). The college's key policies can be found on the website under:

<https://www.newtonrigg.ac.uk/the-college/college-policies>

<https://www.askham-bryan.ac.uk/the-college/college-policies>

The College Charter & Code of Conduct

Disciplinary Policy

Accommodation Policy

<https://www.newtonrigg.ac.uk/students/accommodation>

<https://www.askham-bryan.ac.uk/students/accommodation>

Accommodation Handbook

What We Expect From Yourself as Parents / Carers

- Time is taken to go through the contracts, policies and expectations with your son / daughter / child so they fully understand what they are signing up to and the consequences of any breaches of these.
- Provisions are put in place to respond to any problems, issues or emergencies which may arise involving your son/daughter/child whilst in residence at college, i.e. hospitalisation, if under the influence of alcohol or substances; or involved in a criminal offence / investigation; or they are unwell.
- If students are deemed to be a danger to themselves or others, it will be your responsibility to make arrangements to collect them from college, hospital or police station regardless of time and distance.
- Support the purpose and implementation of the discipline policy.
- Regular contact is made with your son/daughter/child.
- You encourage your son / daughter / child to get involved in college enrichment activities and/or local clubs.
- You discourage your son / daughter / child from participating in any activities which are illegal and would breach their residential contracts, i.e. anti-social driving; drinking to excess or especially drinking alcohol if under the age of 18; criminal damage.

- Make appropriate arrangements to collect and return your son/daughter/child from residence in line with the agreed contact dates and times.
- Keep us up-to-date with any medical changes; change of next of kin contacts; or any information which may affect their ability or performance.
- You contact the residential team with any concerns you may have about your son / daughter / child whilst in residence or if you just want to find out how they are getting on.
- When visiting, collecting and dropping off your son / daughter / child that you contact the safeguarding phone to let a member of the Student Services or Residential Team know you are on site to ensure we maintain the safety and welfare of our wider student population.

What You Can Expect From Us

- Random checks on your son/daughter/child to touch base and check their whereabouts.
- Random room checks to ensure they abide to curfew.
- Room inspections to ensure they are regularly maintaining an appropriate level of cleanliness and hygiene.
- Daily checks on the accommodation blocks and communal areas to ensure they are maintaining the block and keeping an appropriate level of cleanliness.
- Promoting all enrichment activities.
- Regular house meetings and student council meetings where your son/daughter/child can express their student voice, feedback their thoughts, and share their feelings and views.
- A call from the Residential Team if your son / daughter / child's behaviour or actions has exceeded that of an informal warning or is causing us concern.
- A call from the College Staff or Residential Team if your son / daughter / child has a substantial or serious accident or injury.
- We will act as the responsible adult where required until you are able to relieve us, i.e. Hospital.
- Liaison with the Academic Teams to ensure being a residential student is enhancing their studies and college experience.

What We Cannot Do

- Supervise your son / daughter / child 24 hours a day.
- Check your son / daughter / child is in their room each night.
- Loan or lend your son / daughter / child money.
- Allow your son / daughter / child to stay on site outside of their contract / term-time.
- We cannot offer one-to-one or intensive supervision of any students in crisis.
- Offer an individual wake up service.
- Condone any illegal activity whether on or off-site.
- Give students lifts outside of set enrichment activities.
- We cannot promise to retain any information which is disclosed in confidence that is deemed to be of a safeguarding nature.
- We cannot offer residential students additional enrichment activities outside of student curriculum areas during a college working day Monday – Friday 08:00 – 17:00 hours.

If you have any concerns or questions about the content of this booklet, please contact us on:

York Campus

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