

Homesickness Policy 2024



British Summer School aims to provide a nurturing, supportive and positive experience for its students. We understand that homesickness can occur with any student who is away from home, but especially with our youngest students at Brambletye School.

This policy outlines our approach to addressing and managing homesickness.

Pre-Course Preparation

Prior to the course, we establish and maintain open lines of communication with parents/guardians. We provide detailed information about the course including the daily and weekly timetable. We also offer a pre-arrival presentation which includes an FAQ session to allow parents/guardians to seek clarification of any concerns they may have.

Pre-Course Information

Our enrolment process offers parents/guardians or their representatives the opportunity to tell us about any additional support to students that may be required. This information is passed onto key staff at the centre.

Accommodation Policy

Our policy is to place the youngest students in larger bedrooms and where possible, with at least one other student from the same country or who speaks their native language. This helps students to feel more comfortable, especially at nighttime.

Mobile Phone Policy

At Brambletye, we collect students' mobile phones when they arrive and restrict access to afternoon free time only. At Worth, students do not have access to their mobile phone overnight. In our experience, it takes homesick students longer to overcome this if they are constantly speaking with their parents/guardians. We limit mobile phone usage as much as possible to encourage students to make friends, socialize and fully integrate into the course.

Introduction to Staff

When students arrive, we introduce them to key pastoral and welfare staff such as the Centre Manager, Welfare Manager and House Parent so that students know to familiarise students with the adults who will be providing care during their stay, creating a sense of trust and security.

House Parent

The House Parent is students' main point of contact during their time at British Summer School and, acting in loco parentis, makes sure that students are healthy, safe, and happy. The House Parent would usually be the one to deal with any cases of homesickness in the first instance.

Homesickness Policy 2024



Engaging Lessons, Sports & Activities

Our lessons, sports, leisure activities and excursions are age-appropriate and engaging to keep students actively involved and entertained. By providing an enjoyable and stimulating environment, we aim to minimise feelings of homesickness and sadness.

True Me

True Me is an internal philosophy to foster communication, collaboration, teamwork, and friendship among students. On Sunday evenings, Mission Integration offers students some icebreaker games and activities to introduce new students and continuing students to each other. By encouraging interaction and camaraderie, we aim to create a sense of belonging and reduce feelings of homesickness.

Ongoing Monitoring

We have a centralised system for staff to record any concerns they have about students. These concerns are visible to all staff and allow them to monitor any students who have been identified as struggling or needing additional support.

Peer Support

In cases of extreme homesickness, we implement a buddy system where each student is paired with a fellow participant. Buddies provide companionship and support, helping students feel more comfortable and connected within the course.

Familiarity and Routine

We establish a structured and busy daily schedule for students, as consistency and predictability of routine creates a sense of familiarity and security, helping students adjust to their new environment more easily. Students are provided with a printed Pocket Timetable to help them follow the school day confidently.

If a parent/guardian consider that homesickness may be present, they are allowed to pack a few personal items from home, such as favourite toys, pictures, or comfort objects. Having familiar possessions nearby can provide a sense of comfort and familiarity, easing feelings of homesickness.

Signed:

A handwritten signature in black ink, appearing to read 'S Wood'.

Steve Wood
Managing Director of British Summer School

Date: 1 September 2023

Review Date: 1 September 2024