Boarding Parent Handbook 2014

St Ursula’s College, Yeppoon

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www.stursulas.qld.edu.au
ST URSULA’S COLLEGE,
LOCKED MAIL BAG 600,
YEPPOON 4703

HEAD OF HOUSE: 07-4939 9630 Mobile: 0408 183 806
Email: elizabethm@stursulas.qld.edu.au

BOARDING SECRETARY: 07-4939 9663 Mobile: 0448 599 630
Email: wendyw@stursulas.qld.edu.au

BOARDING FAX: 07-4939 9614

GYG - MIDDLE FLOOR STAFF: 07-4939 9656 Mobile Phone: 0437 699 656
Email: middlefloor@stursulas.qld.edu.au

GYG - TOP FLOOR STAFF: 07-4939 9657 Mobile Phone: 0439 699 657
Email: topfloor@stursulas.qld.edu.au

If your call goes to Voice Mail, please leave a message and your call will be returned as soon as possible.

OUR STUDENT TELEPHONE NUMBERS ARE

GROUND FLOOR YGY: 07-4939 9634
MIDDLE FLOOR YGY: 07-4939 9659
TOP FLOOR YGY: 07-4939 9658

On Middle and Top Floor your call will be answered by an automated voice mail, please dial 1 to continue through to the dormitory.
Welcome to Boarding at St Ursula’s College, Yeppoon.

Making the decision to send your daughter away to a Boarding College is never an easy one. However, we believe that it is one of the most important decisions you will make for her. Boarding is a unique opportunity to live within, and contribute to, a strong community.

We strive to make residential life a positive experience for all students by providing a care system that recognizes and encourages individual passions, interests and strengths, in a caring and supportive environment based on trust, co-operation and open communication.

Firm consistent guidelines for behaviour, the challenge to develop faith, the focus on Christian principles, a vast co-curricular program available after school and on weekends and a strong emphasis on the provision of an environment conducive to study, all play a part in creating a ‘family-like’ atmosphere in which girls can become confident learners, independent thinkers and caring individuals.

When our girls graduate they are enriched with their Boarding memories. The friendships they have developed remain dear to them throughout their lives.

We are delighted you have chosen to send your daughter to St Ursula’s. We very much value and respect the trust placed in us by you and hope that the Boarding experience provided by our community is a happy and memorable one for both you and your daughter.

We warmly welcome you into our Boarding family.
ST URSULA’S COLLEGE BOARDING COMMUNITY

The Boarding Community is an integral part of St Ursula’s College and, in addition to the aims the College as a whole, has its own specific aims. These are:

- to provide a community where each girl feels welcome and at ease, where each one can find her special place and develop a sense of belonging.
- to encourage each girl to develop her particular gifts and talents.
- to challenge and support growth towards responsible, mature womanhood, in the context of a community and the delights and demands of human relationships encountered in this context.
- to challenge each girl to be responsible for her actions and decisions.
- to encourage and enable girls to grow into positive, aware, concerned and compassionate individuals.
- to support and encourage girls as young Christian women to develop a personal relationship with God
- to provide an environment conducive to good study habits.

Our Vision

We are encouraged to exemplify the legacy of the founder of the Presentation Sisters, Nano Nagle, who inspired us with the spirit of service and willingness to care for the particular needs of those in our care.

We are challenged by the Spirit of Jesus, who calls each of us “to love one another as he loved us.”

We strive to build a Catholic Community so that, together, we might come to know Jesus, present in our midst; support and encourage each other in our personal growth and invite the girls to share in that community.

Our Expectations:

Whenever there are large numbers of people living together, there are times when some find life difficult. To build a genuine and caring community, effort is required on the part of each person. It also demands a willingness from each person to be part of the group.

Respect for others, honesty and co-operation are essential values in building our community. The following five expectations encompass these values.

The students of St Ursula’s College are expected to work towards building a Christian Community by:

a. treating all persons with respect, as each of us is made in the image and likeness of God
b. seeking to understand more about their faith
c. participating respectfully in the Saturday evening eucharist and liturgies
d. showing respect for the sacred places, rituals, practices and beliefs of this Catholic community

Each girl is encouraged to show respect for herself by:

a. behaving in a way that upholds her dignity as a young Christian woman.
b. caring for her health by regular exercise, good hygiene, adequate sleep and a healthy diet.
c. not smoking or introducing/using alcohol or drugs. (The breaking of this rule at the College is considered to be a serious offence which may involve exclusion.)
d. observing appropriate dress standards.
Each girl is expected to show respect and concern for others by:
   a. being considerate and polite to all members of staff and visitors to the College.
   b. showing respect at all times in the way they speak and act.
   c. acting in a friendly manner towards each other, both individually and in a group situation.
   d. upholding everyone’s good reputation.
   e. not using violent or rough language, or actions either towards staff members or other students
   f. Adhering to ‘quiet’ times rules/requests.

Each girl is expected to respect property by:
   a. having her own belongings properly named and stored neatly.
   b. not using, without permission, an item that belongs to another.
   c. using and treating College property, texts, library books and all resources with care and respect.
   d. caring for the environment by not littering, defacing with graffiti or causing wilful damage.
   e. reporting damage as soon as possible.

Each girl is expected to take her studies seriously by:
   a. doing homework to the best of her ability
   b. following an organised study program throughout the year
   c. becoming more aware of community and global issues.
Activities

A wide range of co-curricular activities can be found at the end of this booklet. We strongly recommend that parents encourage their daughters to participate in at least one activity outside of school hours, as a way to combat homesickness.

When you have signed your daughter up for an activity, please let the Boarding Secretary know, so that the necessary transport can be arranged for any activity within the Yeppoon area.

We do not supply transport for co-curricular activities on the first and last day of each term, nor on the afternoons of the Boarders’ Christmas Party and the Boarding Farewell to Year 12 students.

Recreational activities and outings are often organised for weekends; however, for staffing, catering and transport purposes, we require the girls to sign up in advance. They simply have to go to the Boarding office and put their name on a list. If they miss the closing time, then they are unable to go and if they wish to pull out, they must find a replacement.

Staff will often try to organize in-house activities based around their skills, talents and interests on a more ad hoc basis.

Girls in Years 9 to 12 are allowed to go shopping one afternoon during the week and on Saturday between 10am and 1pm. Year 8 girls are taken shopping by a Supervisor for two hours on a Saturday morning. Once a fortnight we offer a trip to the Shopping Fair in Rockhampton for any of the girls. This leaves at 9am and returns by about 2pm.

The conditions for all excursions off campus are:
- Girls must always be in the company of at least one other female student for the duration of the outing;
- Someone in the group must have a charged phone with enough credit to call the Boarding House if necessary;
- Phone calls from staff must always be answered or returned;
- Girls must call staff if they are going to be late or if someone goes off on their own.

Book of Forms

At the end of each year, you will receive a ‘Book of Forms’. In this book, you will find forms to be completed for the following year. These forms are very necessary for your daughter’s well being. Please put a line through any form that you do not wish to complete or mark ‘not applicable’. Please complete all relevant forms and return the Book of Forms intact to the Boarding Secretary, St Ursula’s College, LMB 600, YEPPOON. Q. 4703. If you have any questions regarding this book, you may call: Mrs Wendy Wagner on 4939 9663 or e-mail her at wendyw@stursulas.qld.edu.au

Dining Room

Time spent together in the Dining Room is a very important aspect of Boarding life. As the girls come together to share a meal and each other’s company, it is a real opportunity for community spirit to develop. Attendance in the Dining Room for all meals is compulsory with exceptions being made for sporting and co-curricular commitments, approved leave for pre-established illness.

Staff are present to supervise appropriate behaviour (no phones, books or loud raucous), appropriate dress and table manners. On our Formal Dining nights, our routine is a little more structured and we use a seating plan. On Theme Dinner nights, we are happy for the girls to participate by coming dressed in costume related to the theme.

For weekday breakfast in the Dining Room, girls must be in full school uniform with their hair tied back.
**Health Care**

We ask that you please complete the Medical Form in the *Book of Forms* each year, as details often change. It is essential that we have a full medical history of your daughter before she commences and that you share relevant information with us at the year progresses.

During school hours from Monday through to Friday, the School Nurse is on duty and will attend to your daughter’s health and wellbeing needs, including making any necessary appointments.

Out of school hours, girls need to see their Supervisor immediately if they are injured or unwell. Should it be determined that your daughter requires professional treatment, she will either be transported to hospital in an ambulance or by a College staff member in a College vehicle. Parents will be contacted as soon as is reasonably possible and then kept updated on the situation.

Whenever possible, parents will be notified prior to a medical consultation and requested to make direct contact with the Doctor/Dentist. In order to conform with Privacy Procedures associated with the local Medical Practices, the College provides the Doctor with a comprehensive form with all your daughter’s medical details and current parent contact numbers. This form also helps with follow up procedures for the Boarding/Nursing staff.

It is important that all medical details are kept up to date, in particular your:

- **MEDICARE NUMBER, PLACE ON CARD and EXPIRY DATE**
- **HEALTHCARE NUMBER and EXPIRY DATE**

A list of available Medical Practices, Chemists, Dentists and Orthodontists is included in the appendix.

Each girl must have an account opened at one of the Chemists for medication and/or personal items.

Students have an order form system and can order personal items, over-the-counter medication or prescription medication from each of the above pharmacies in the morning. The items are then delivered to the College every afternoon. You may restrict your Chemist account to medication only and this should be organised with the chemist.

All prescription and non-prescription medication is to be handed in to your daughter’s Supervisor for safe dispensing. Staff will dispense one Panadol only unless other directions are specifically requested on the Medical Form.

Students are allowed to keep Asthma sprays and hormonal medications in their possession. If you are unsure or have any questions, please contact the Head of House.

**Dentist & Orthodontist:**

Orthodontic visits in Rockhampton are part of Boarding life but we do ask that you consult with the Boarding Secretary prior to making appointments to ensure that transport is available. Students are required to pay $15.00 (subject to change) for College transport prior to the day. You may wish to prepay a bulk amount to the College if your daughter will be making regular trips.

Dr Mark Lupton, Orthodontist, has a local practice in Yeppoon. Appointments can be made to see him out of school hours.

**End of Term**

Term dates are issued at the end of each year, for the following year. Since holiday periods are known well in advance, requests for early departures or late arrivals are not appreciated and are not usually granted. If, however, it is necessary for your daughter to leave early, permission must be granted by the Deputy Principals.
Boarding parents are required to advise the Boarding Secretary of their travel details (private, bus, train or air), three weeks prior to the end of term. Any alterations to travel must be confirmed by a parent. Payment for all travel is required before the day of departure. A charter bus timetable and cost sheet is included in this book.

Luggage on buses is to be restricted to one medium size suitcase and one piece of hand luggage.

Girls are required to pack and clean their own areas and help with the cleaning of common areas and facilities at the end of each term. The last night of term in Boarding is designated as “pack up/clean up” night for all students. Girls may leave two sealed and labelled bags/suitcases in the designated storage area. All care but no responsibility is taken for items left in storage. All uniforms and bed linen are laundered during the holiday periods. It is recommended that shoes and books are left in storage.

At the end of year everything is to be taken home.

**Laundry**

All belongings must be clearly marked. It is highly recommended for your daughter to have her own laundry marker pen.

Girls are required to put their uniform into the Laundry Basket on the floor each afternoon. The bag will be taken down to the laundry each morning (as part of someone’s charge) and returned to the floor laundry racks the same afternoon.

On Wednesday mornings, girls will strip their beds and all sheets, pillow cases and towels will be taken down to the laundry. These are returned to the floor as soon as they are washed, dried and folded.

Girls are expected to take care of their own personal washing. They have access to the laundry facilities each day after school and all weekend. Coin operated dryers are available as is a clothes line. Clothes should not be left on the line overnight.

**Leave Guidelines:**

*Leave with Parents:*
Parents may see or take their daughter out at any time but we do ask that you take into consideration our Boarding routine. It is important for Parents to contact the Boarding Secretary or Head of House to arrange this Leave. Parents on extended visits to Yeppoon may have their daughter out with them for the duration of their visit, if they so desire.

*Weekend Leave:*
Girls enter the details of their proposed leave into the leave book in the Supervisor’s office before 8am on Thursday. Both parents and the host family need to contact the Boarding Office by 3pm Thursday, supplying us with the relevant details i.e. times and dates of travel, mode of transport, host’s name, address and telephone contact. We will request that a phone call be followed up with an email.

Please remember that all hosts and drivers must be over the age of 21 and we will ask to see ID if we are unsure of the driver’s age. If you wish a sibling, who is under 21 years of age, to collect your daughter, please contact the Head of House.

Arrangements for train, air or bus travel can be made with the Boarding Secretary.

Unless travelling by St Brendan’s College bus or Young’s bus to Rockhampton, all girls must be signed out by the adult nominated by their parents. They must also be signed in by the adult nominated on the leave form.
**Parent Only Leave Weekends:**
There are a number of weekends during the year where the College stipulates that leave is to be with parents only. These are

- St Ursula’s Formal weekend
- St Brendan’s College Formal weekend
- Rodeo weekend
- Valedictory weekend

Girls will only be allowed to be signed out by a parent. No exceptions will be made.

**Special Events - Leave**
All girls are to be in residence for the first weekend of the year. A full program of activities is planned to encourage all girls to get to know each other, to foster community/family spirit and to allow the Senior students to commence their leadership role in our community. No leave will be granted at this time.

All girls are required to attend the Presentation Awards Evening and therefore leave is not granted until after the conclusion of the Awards Evening. Should you feel it necessary to collect your daughter prior to this, please contact the Head of House.

We also ask for all girls to be in residence for:

- Boarding Christmas Party
- Boarding Farewell to Year 12

Year 12 girls are also required to be in residence for their outing with the Head of House early in Term 4.

**Mid-week leave (i.e. Monday to Thursday)**
Leave between Monday and Thursday, unless with parents, is at the discretion of the Head of House.

**Study**
Study is “Silent and Still” for everyone.

Monday to Thursday girls in Year 8 and 9 study from 7pm to 8pm, have a half hour break before recommencing at 8.30pm until 9pm. Year 10 and 11 girls study from 7pm to 8.30pm; have a half hour break and then study again from 9pm to 9.30pm. Our Senior girls study from 7pm to 9pm and then usually continue after a half hour break.

In order to create an atmosphere conducive to the development of good study skills the following guidelines are provided.

- Girls are expected to begin study on time, with all necessary requirements.
- Study is conducted in a quiet environment. Girls needing to study in groups, should make every effort to do so in their own time or seek permission from the Supervisor for the second session.
- Girls are expected to go to the toilet before study.
- Mobiles must be turned off and in plain sight of the Supervisor.
- Making effective use of study time involves completing set homework, working on assignments, revising recent work, reading ahead and making notes, and studying for exams.
- Food is not permitted during study.
- Girls may not view TV or DVD’s during study unless they have a note from their teacher and have made prior arrangements with the Supervisor.
Late Study:
Year 11 girls are able to negotiate late study with their Supervisor, but they will need to be able to demonstrate that they have also made some use of their free time, after school and on weekends. Permission will be based on general behaviour.

Telephones
There are Student telephones in each dormitory. (These numbers are listed on Page 2 of this Handbook). Boarding telephone handsets are capable of accepting the following outgoing call types only:
- Emergency OOO
- Phoneaway 18919, then 12-digit card number, then telephone number. This user prepaid, disposable card with no pin number, purchased at Telstra nominated outlets. allows local, STD and International calls.
- Telstra Telecard – for more information on this card, please contact Telstra on 1800 038 000. Call is billed to parent’s home telephone account, single nominated account. It cannot be billed to the College.
- Optus Post Paid Calling – for more information on this, please contact Optus on 1300 300 990. Call is billed to parent’s home telephone account, single nominated account. It cannot be billed to the College.

These are the only options available for students. Please consider these options and take action to ensure your daughter has access to whichever of these you decide upon. More information on these services can be found at the front of your White Pages telephone book.

Mobile Phones:
Mobile telephones can be used as per the current Mobile Telephone contract. This contract is to be signed by both parent and student and details the consequences of misuse of a phone. Each girl is to have only one mobile telephone. Mobile phones are not permitted in the Day School.

Things you need to know
Aerosol Cans
Girls are asked not to use aerosol cans for hairspray, deodorant etc. They may use pump sprays or roll-ons. If a girl is found to have an aerosol can, it will be confiscated (refer to section on Fire alarms) and returned at the end of the term. Aerosol cans are also a health hazard to girls who have asthma.

Charges:
Floor ‘charges’ are allocated on a rotational basis each term. The charge may comprise emptying bins or vacuuming the carpet or taking the laundry down and is to be completed each morning before going to breakfast at 7.40am.

Fire Alarms:
Each floor is fitted with a fire alarm system that is connected to the Fire Station. A false alarm can be triggered by a number of causes, these include:

- Steam from the shower
- Burned toast
- Appliances such as hair dryers causing fumes to rise to the sensor
- Candles/incense sticks
- Aerosol cans of deodorant and hair spray

Apart from shower steam, all other causes of a false alarm are AVOIDABLE.

If a girl causes a fire alarm that is avoidable, the call out cost charged by the fire brigade will then be recouped from the parents of the student/s involved. At present the cost is approximately $1100 per visit.

Fire Evacuation procedures are practised at the start of every term.
Internet
The internet is available for use by students, in the College’s Computer lab from 7.30am to 8.25am Monday to Friday; 3pm to 6pm Monday to Thursday and 3pm to 4pm on Friday. We also have internet in the boarding House but if for some reason this is unavailable we will arrange for computer access through the school during study time and on weekends.

The College’s internet/computer use policy also extends to the Boarding House.

Part Time Employment
If your daughter in Year 10, 11 or 12 is keen to obtain a part-time job, we will support her efforts to seek part time employment with local businesses. Girls may only work one evening shift between Monday and Thursday, and one standard shift each Friday, Saturday and Sunday. Permission for part-time employment is dependent upon continued satisfactory academic progress and meeting general behaviour standards in Boarding. We ask that they obtain a job within walking distance of the College so that they can be independent and walk to and from their jobs during daylight hours.

Girls are required to advise the Boarding Secretary, every Monday, of their roster for the following week so that transport can be organised.

Pocket Money
For convenience and safety, it is recommended that girls have a bank account with card access. It is important that girls can access their money via an ATM after school hours and on Saturdays.

We advise girls to access only small amounts of money for personal use. Large purchases can be made using EFTPOS.

All bus costs and school purchases can be made through reception using CREDIT CARD or EFTPOS. The College does not allow for CASH OUT transactions.

For Security and Safety:
- Wallets, including cards, should be kept in the lockable drawer provided. Each student will need a small padlock and key.
- If your daughter has withdrawn money for a particular purpose, she may leave it with her Supervisor for safe keeping until it is needed.

Practical Matters on the Floor
Sleeping areas are to be tidy; shoes put away, no bundles of clothes left on floor or bed, and all washing is to be placed in laundry basket.

Permitted electrical equipment, comprising CD players, computers, phone chargers, hair dryers and straighteners, must be safety tagged by an electrician before they can be used in the Boarding House.

Each girl has limited space within her personal area and it is very important that she limits her personal belongings to this area.

Double adapters and power boards are not permitted in the Boarding House under the Occupational Health and Safety Guidelines

The only pets permitted in the Boarding House are fish kept in a plastic tank. These must be taken home at the end of each term.
Prayer and Liturgies
Girls are encouraged to participate in the Saturday night Eucharist at the Sacred Heart Church. When Youth Masses are scheduled, girls are encouraged to be involved in the preparation of Liturgy.

Everyone in Boarding participates in prayer on Sunday evening.

Security
It is important when living in a large community that personal items are secured. Each girl is required to have a high quality padlock and three keys for her wardrobe. She should also have a small padlock with keys for her security drawer. On arrival at the College, spare keys should be put in a named envelope and given to her Supervisor, to ensure the locks can be opened if the key is lost. Bolt cutters are available at the College if all keys are misplaced.

Student Cars
Senior Boarding students are permitted to have a vehicle at school and use it to drive to and from their home. Details of their vehicle, (make and type of vehicle) and registration number are to be given to the Boarding Secretary. Students must hand their keys into the Boarding Secretary’s office or to the Head of House on their return to the College, where they will be kept until the student travels home again.

As a general rule, we do not allow other students to travel with student drivers.

Please note that if your daughter parks her vehicle on College property, it is not covered by the College insurance. We strongly urge you to seek your own insurance cover.

Student Whereabouts
Girls must advise their Supervisor every time they leave the floor, this includes visiting another floor, going to the gym or laundry or going outside. They must also remember to let the Supervisor know when they have returned. Staff must know a girl’s whereabouts at all times.

Uniforms
Girls are expected to follow the guidelines supplied in the official College Uniform Brochure regarding the length of their uniform and which accessories are to be worn together.

When out of school, girls are expected to dress for sun protection and appropriately for the occasion.

For Mass at the Sacred Heart Church students are required to wear full formal school uniform. For our “Formal Dining” and “Theme” Dinners girls are required to wear clothing appropriate to the occasion. (No shorts, short skirts, low cut tops or shoestring straps)

Visits
Visiting hours are 3pm to 5pm Monday to Friday; 9am to 4pm on Saturday and 11am to 4pm on Sunday. Girls and their visitors are expected to behave in an appropriate manner. Students are required to sign their visitor in and out in the Visitors Book, on their floor. It is important that any person wishing to visit your daughter outside these hours make contact with the Head of House prior to visiting. Girls may visit other girls on other floors in Boarding with the knowledge and permission of Supervisors.
**Visits to St Brendan’s Boys College**
We encourage interaction between brothers, sisters and friends, therefore girls are allowed to visit brothers and friends at St Brendan’s College.

Visits take place in the area outside the St Brendan’s Boarding Office. Younger students are transported to and from St Brendan’s College by St Ursula’s College staff whilst older girls may negotiate with their Supervisor to walk to and from.
DAILY ROUTINE
Monday to Friday Mornings
Year 10 and 11

7am to 7.40am  Wake up; charges; tidy own area; dress and pack for school

7.40am to 8am  *Breakfast* (floors are closed)

8am to 8.15am  Clean teeth; check school bag, leave for school

Monday to Thursday afternoons

3.00pm  Return from school, see Supervisor, free time

5.15pm to 6pm  See Supervisor; free time; dorm meeting

6pm to 6.30pm  *Dinner* (floors are closed)

6.30pm to 7pm  Free time

7pm  *Study* – Silent and Still

8.30pm to 9pm  Study break

9pm to 9.30pm  *Study* – group work allowed

9.30pm to 10pm  Preparation for Bed, quiet time

10pm  *Lights Out*

Friday afternoon

3pm  Return from school, see Supervisor, free time

6pm  *Dinner* (floors closed)

6.30pm to 11pm  Free time

11.00pm  *Lights out*
Saturday

8am            Wake up; breakfast in common room
10am to 1pm    Downtown shopping
5.30pm         See Supervisor; depart for Church
7.15pm         Dinner on return from Church
11pm           Lights out

Sunday

10.15am        Brunch
1pm to 4pm     Beach
4.30pm to 5pm  Clean and tidy boarding house
6pm to 6.30pm  Dinner (floors are closed)
7pm to 8pm     Study
8pm            Prayer
8.30pm to 10pm Quiet time
10.00pm        Lights out

Please understand that we consider it inappropriate for your daughter to make or receive calls or text messages in the periods highlighted in bold, italics and underlined.

In an emergency, contact a Supervisor who will arrange for you to speak with your daughter. Student phone use during these times will lead to confiscation.
DAILY ROUTINE  
Monday to Friday Mornings  
Year 8 and 9

7am to 7.40am  Wake up; charges; tidy own area; dress and pack for school

7.40am to 8am  Breakfast (floors are closed)

8am to 8.15am  Clean teeth; check school bag, leave for school

**Monday to Thursday afternoons**

3.00pm  Return from school, see Supervisor, free time

5.15pm to 6pm  See Supervisor; free time; dorm meeting

6pm to 6.30pm  Dinner (floors are closed)

6.30pm to 7pm  Free time

7pm  Study – Silent and Still

8pm to 8.30pm  Study break

8.30pm to 9pm  Study – group work allowed

9pm to 9.15pm  Preparation for Bed, quiet time, hand in phone

9.15pm to 9.30pm  On bed reading

9.30pm  Lights out

**Friday afternoon**

3pm  Return from school, see Supervisor, free time

6pm  Dinner (floors closed)

6.30pm to 11pm  Free time

11.00pm  Lights out
Saturday

8am       Wake up; breakfast in common room
10am to 12pm  Downtown shopping – Year 8
10am to 1pm  Downtown shopping – Year 9
5.30pm    See Supervisor; depart for Church
7.15pm    Dinner on return from Church
11pm      Lights out

Sunday

10.15am  Brunch
1pm to 4pm  Beach
4.30pm to 5pm  Clean and tidy boarding house
6pm to 6.30pm  Dinner (floors are closed)
7pm to 8pm  Study
8pm      Prayer
8.30pm to 9pm  Quiet time
9pm to 9.15pm  Preparation for bed, hand in phone
9.30pm    Lights out

Please understand that we consider it inappropriate for your daughter to make or receive calls or text messages in the periods highlighted in bold, italics and underlined.

In an emergency, contact a Supervisor who will arrange for you to speak with your daughter. Student phone use during these times will lead to confiscation.
## Doctors, Chemists, Dentists and Orthodontists

### Doctors
- **Yeppoon Family Practice**  Telephone 4939 3501 (F8 on map of Yeppoon)
- **Yeppoon Medical Centre**  Telephone 4939 4355 (G9 on map of Yeppoon)
- **James Street Medical Centre**  Telephone 4939 1711 (F8 on map of Yeppoon)
- **Total Health Medical Centre**  Telephone 4939 1888 (J13 on map of Yeppoon)

### Chemists
- **Yeppoon Chemmart Pharmacy**  Telephone 4939 1408 (G9 on map of Yeppoon)
- **Keppel Bay Plaza Pharmacy**  Telephone 4939 1680 (E9 on map of Yeppoon)
- **Amcal Max Yeppoon Central**  Telephone 4925 0088 (D/E10 on map of Yeppoon)

### Orthodontists and Dentists
- **John Christensen Dental**  Telephone 4939 2155 (F8 on map of Yeppoon)
- **Karen den Exter**  Telephone 4939 3611 (F8 on map of Yeppoon)
- **Miles Goudie**  Telephone 4939 2548 (G10 on map of Yeppoon)
- **Dr Mark Lupton**  Telephone 4939 8966 (F8 on map of Yeppoon)
- **Dr Manning**  Telephone 4927 7700 (Rockhampton)
- **Icon Dental Group**  Telephone 4939 2900 (G9 on map of Yeppoon)
- **Emu Dental**  Telephone 4939 2400 (E8 on map of Yeppoon)
At St Ursula’s College, a co-curricular program is an integral part of the Boarding Lifestyle. Involvement in a sport or other activity keeps you busy, physically fit and allows students to make a new group of friends. Everyone is expected to participate in a minimum of one co-curricular activity. Homesickness lessens when you are involved in activities and kept occupied.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Organised by</th>
<th>Payment to</th>
<th>Organisation</th>
<th>Contact Telephone</th>
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<td>Private</td>
<td>Aussie Rules Football Club</td>
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<td><a href="mailto:janellewestcott@bigpond.com">janellewestcott@bigpond.com</a></td>
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<td>Qi Gong</td>
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<td>Glenda Channels <a href="mailto:bethechange@irock.com.au">bethechange@irock.com.au</a></td>
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<td>Deysi</td>
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Boarding Requirements for 2014

2 pairs single bed sheets
2 pillowslips
1 pillow
2 towels
1 beach towel
1 doona or blanket
1 doona cover
2 sets sleepwear
1 brunch coat/dressing gown
6 sets underwear
1 one piece swimsuit (two piece costumes not permitted for Physical Ed.)
2 sets of casual wear for informal outings
2 smart “civies” outfits for social functions
Sandals/shoes for after school/weekends
Rubber thongs for showers
1 sun safe hat for casual wear
After school wear appropriate for the season.
Laundry requisites (detergent, stain remover, pegs, foldaway laundry basket)
Shoe cleaning kit
Coat hangers
Sun Screen 30+
Ventolin spacer (available from Chemist)
Personal toiletry items (aerosol products are NOT permitted) including tissues, after sun care cream, savlon cream, pads/tampons, small first aid kit containing bandaids and 1 crepe bandage 7.5cm wide
Mesh washing bag for laundering underwear (optional)
Coffee mug, bowl, plate and cutlery
Large storage container with air tight lid, suitable for storing snacks etc.
2 padlocks (one medium and one small) preferably with three keys
Small sewing kit (i.e. needles and cotton for minor uniform repairs)
Girls may wish to bring personal items e.g. framed photographs, Laptops, Ipod etc. These should be engraved with your daughter’s name.

PLEASE ENSURE ALL ARTICLES ARE CLEARLY MARKED WITH DAUGHTER’S NAME.

Permitted electrical appliances must be tested and tagged by a qualified electrician before being brought into the Boarding School.