

Guide to Homesickness

Earlscliffe Summer is an enriching experience which provides our students with an invaluable opportunity to try new things and meet new people. Likewise, students have the chance to improve their confidence and communication skills in an immersive environment. Many of our students adapt to our residential programmes quickly and easily, however, even the most well-travelled among them can experience homesickness, so it's always better to be prepared.

Recognising Homesickness on our residential programme

Homesickness may manifest in various ways, such as:

- Crying and tears, especially around free time and before bed
- Social withdrawal
- Challenging behaviour
- Difficulty sleeping
- Decreased motivation in lessons and activities
- Anxious behaviour

Supporting Students to Overcome Homesickness

Helping students feel better involves:

- Reassuring them that homesickness is normal
- Allowing time to adjust and settle into the new environment
- Encouraging open discussions about their feelings
- Participation in social activities
- Discovering what helps them to relax
- Build a routine in contacting home at specific times
- Encourage student to take it one day at a time

How does SBC support homesick students?

Our dedicated pastoral staff are skilled in handling welfare issues, and proactively supporting students through homesickness. They will help to normalise the feeling of homesickness, providing assurance that it's a temporary feeling. Similarly, they will provide guidance in overcoming this feeling by taking an individualised approach to the students in

their care. Daily communication among staff ensures the ongoing welfare of students, with details promptly shared with Admissions Managers, who keep parents informed.

Parental Support Before and During the course:

Before the course:

- Normalise homesickness, discussing coping strategies
- Involve your child in trip preparations to empower them
- Reassure them that they can phone home if they need to
- Encourage them to talk to staff about their feelings
- Focus on their ability to rise to the challenge

During the residential programme:

- Give your child time to settle in and build confidence
- Express pride in their achievements and experiences
- Guide them to staff for support if needed
- Contact your child only during arranged times – constant contact can distract and disturb their routine
- Share concerns with the Admissions Manager

Parental Support from Summer Boarding Courses:

We understand that your child attending a residential programme can be an anxious time for parents and Summer Boarding Courses provides ongoing support. Your Admissions Manager will remain accessible via email or phone, ensuring parents can stay connected. We encourage students to call home regularly, and a daily blog with updates and photos will offer additional insight into the day-to-day life at the School. Full details of this support can be found in the 'Keeping in Contact' section of the Parent Welcome Pack.

