



INFORMATION GUIDEBOOK FOR INTERNATIONAL STUDENTS

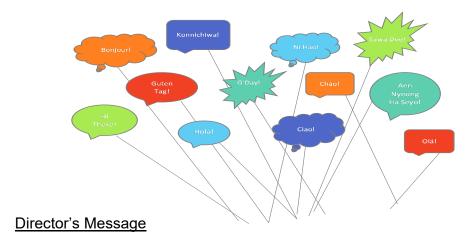
Index

В	3C Life	3
	Welcome to Bethlehem College! Naumai, Haere Mai	3
	Director's Message	3
	The Education Code of Practice 2021	3
	Orientation Programme	3
	About BC	4
	Who we are	4
	BC Tauranga Campus	4
	School Rules	4
	School Uniform	4
	Houses, Home Rooms and K-Groups	4
	Extra-Curricular Activities	5
	Maori culture within Bethlehem College	5
	Practical Information	6
	Term Dates and the School Calendar	6
	Your School Day	6
	School Buses	6
	Devices for digital learning	7
	Student ID Cards	7
	Printing and Photocopying	7
	Stationery	8
	Complaints Process	8
	Finances, Personal Funds, Refunds	
	Primary Info	9
	School Communication	9
	Lunch Ordering	9
	Academics	9
	English Language Support	9
	Expectations Around School Work	9
	Attendance	10
	School Reports	10
	NCEA and Assessments	10
	Special Programme	10
	Connections	10
	Our staff are here to help!	11
	Communication	11

Who's Who?	12
What Happens If	12
Making Friends	12
New Zealand Life	13
Travelling to and around New Zealand	13
Get Ready for New Zealand	13
Travel Checklist (What To Bring)	13
Arriving in New Zealand	13
Out and About Once You're Here	14
About New Zealand	14
Our City and Region	14
Banking	14
Mobile Phones	15
Visas	15
Insurance	15
Healthy / Safe Life	16
Staying Safe	16
Emergency Phone Numbers	16
Road Safety: Safe Cycling and Road Rules	16
Cyber Safety	16
General Safety	16
Your Health	17
Mental Health	17
Alcohol / Substances / Smoking / Vaping	17
What to do if you're sick	18
Doctors/Dentists/Health Appointments	18
Home Life	19
Homestay Living	19
Parents who live here	19
Designated Caregivers	19



Welcome to Bethlehem College! Naumai, Haere Mai.



Kia Ora!

Welcome to the international department of Bethlehem College.

International students from around the world have been choosing us since 1993. We are a safe and friendly school, with great teachers, modern facilities, and proven results.

Our international team provides a special level of care for our students. Our aim is to help each student feel valued, a sense of belonging and the confidence to achieve. There is a lot to learn and hopefully this Guidebook can help answer some of your questions. Of course, we are always here to talk about anything you need help with.

Ilati Vukona (Director)

The Education Code of Practice 2021

Bethlehem College has agreed to observe and be bound by The Education (Pastoral Care of Tertiary and International Learners) Code of Practice 2021 (the Code). This sets out what standards of care education providers must provide to international students living and studying in New Zealand. You can read about the code at this <u>link</u>.

Orientation Programme

Students who enrol with Bethlehem College will complete an Orientation programme before they start school. Parents of students in our Primary (Years 1-6) and Intermediate (Years 7-9) students are encouraged to attend as this provides an opportunity to purchase uniforms, collect stationery, tour the campus and find out about key information as well as meeting other new students. The programme for our senior students (Years 10-13) will include meeting existing students (called 'buddies') who will help you find your way around and introduce you to your classmates.

About BC



Who we are

Bethlehem College is a Christian school, and students are expected to take part in all class activities and assemblies. This includes a Biblical Foundations class for our senior students (Years 10-13).

Our Mission Statement: "To provide Biblically-based, Christ-centred education, equipping students for effective service and leadership."

Our Vision Statement: "To be a Christian learning community of excellence where lives are transformed."

BC Tauranga Campus

Our Tauranga campus is expansive, with generous green spaces, extensive sports fields and buildings that cater for students in Primary, Junior and Senior Secondary. You can find a map of and videos showcasing the campus on our web site (https://www.beth.school.nz/about/tour).

School Rules

Please be aware, that the rules and guidelines Bethlehem College have in place, are for the safety and protection of students as well as the consideration of those who may be involved in the delivery of your education and care.



You can find these on our web site:

https://www.beth.school.nz/about/welcome/documents.

As an International Student and particularly International Students not living with their parent, there are some additional expectations around your behaviour. Please see our Code of Conduct for International Students.

School Uniform

Bethlehem College expects students to present themselves at school in a way that reflects well on themselves, their families and the school.

The college has a Uniform Shop where new and second-hand uniforms may be purchased. Assistance will be given to each student to purchase their correct uniform.

The following items may be purchased from your home country:

Senior Boys: long sleeve white business shirts (winter) All Students: black, leather, lace up shoes (winter)

Information on guidelines, estimated costs, and photos of the school uniform, can be viewed at: https://www.beth.school.nz/studentlife/uniforms.

Houses, Home Rooms and K-Groups

Ensuring wrap-around care of students is important at Bethlehem College, and we have structures in place to provide the opportunity for staff to build genuine relationships with students.



Under the **Student Life** heading of the school web site, you can find information on Houses and resources for student wellbeing:

https://www.beth.school.nz/studentlife/houses/

https://www.beth.school.nz/studentlife/wellbeing

Extra-Curricular Activities

Bethlehem College offers a wide range of opportunities in sports, music and performing arts.

See our web site for information about what's available, as well as how to register your interest.

Head to <u>Student Life</u> on the school web site, to find out more! Through the music and Drama departments you can access music, vocal or speech and drama lessons.

Maori culture within Bethlehem College



Promoting the understanding and practice of Maori tikanga (customs), dance and music is a vital part of our students' learning. Our Kapa Haka groups provide an excellent way to explore this beautiful culture.

The school also has its own school haka which students learn and perform for various services or ceremonies. You can see an instructional video at this link: https://www.youtube.com/watch?v=IOsq-Xt-aNM.



Term Dates and the School Calendar

Bethlehem College has established its school calendar in line with New Zealand's published school term dates.

You can download or view the year's term dates and list of holidays by going to our web site: https://www.beth.school.nz/about/key-information.

Once a student is enrolled, they and their caregivers will have access to the school calendar through our KAMAR portal.

Your School Day

You can find daily schedules for both Primary and Secondary on our web site under Key Information. Click on <u>Bell Times</u>.

Students in New Zealand often change classrooms throughout their day. This includes our primary students attending specialist lessons such as ESOL, music or art.

For our Secondary students, you will have a timetable (example below) which will tell you the schedule for each day, where your classroom is and who your teacher is by giving their initials.

Timetable for 2022												
Smith, John												
22330				TSHC		11PEDPCM		Tarore				
Term Week 3 6	Mon, 29 Aug		Tue, 30 Aug		Wed, 31 Aug		Thu, 1 Sep		Fri, 2 Sep			
Morning	8:30		8:30		8:30		8:30		8:30			
Period 1	8:30 11HIS	MPL T208	12HOS	HTA T214	8:45 11SPS	PCM HE2	11MAT	VTT Q213	12ENGA	BLE L315		
K Group	9:30 KGROUP	SHC S209	KGROUP	SHC S209			9:30 KGROUP	SHC S209	KGROUP	SHC S209		
Period 2	9:45 11MAT	VTT Q213	11SCI	SHC S207	11HIS	MPL T208	9:45 12HOS	HTA T214	11SPS	PCM HE2		
Period 3	11:15 11SCI	SHC S207	12ENGA	BLE L315	10:55 11BFN	T219	11:15 11SPS	PCM HE2	AssemHau	SHC S209		
Period 4	12:15 12ENGA	BLE L315	11HIS	MPL T208	11SCI	SHC S207	11SCI	SHC S207	11PED	PCM HE2		
Period 5	2:15 11SPS	PCM HE2	2:15 11MAT	VTT Q213	12:35 12HOS	HTA T214	2:15 11HIS	MPL T208	11MAT	VTT Q213		
Period 6					2:25 12ENGA	BLE L315			2:25 12HOS	HTA T214		
Afternoon	1:25		1:25		1:25		1:25		1:25			
K Group Mr C Shepherd	Miss M Al	Dean / Year Level Miss M Allsopp Mrs E Blears			Management Mr S Te Whaiti Mr I Vukona							
Bethlehem College 11 October 2022												

School Buses

Bus transportation to the school is available to enrolled students regardless of their residential suburb. These are managed by external transportation companies.

To find out more, click on the link: Bus Information.

Our office can also assist students with finding which bus service best suits their needs.

Devices for digital learning

At Bethlehem College we have a blended approach to learning, combining both digital devices and pen & paper. All students from Y6 to Y13 will need to bring their own devices (BYOD). A phone does not suffice as a device.



Year 1 - 5 classrooms will have pods of iPads and desktop computers available for use

Year 6 - 9 students require an iPad (Year 9 students may also use a Laptop instead)

Year 10 - 13 students require a laptop, either Windows or Apple

Students will be provided with a free Microsoft Office account. Login details will also allow access to the school database (KAMAR).

You can see device requirements, required App list, and school expectations on the use of devices at this link: <u>Digital Learning</u>.

Please also click on the links for DEVICE SET UP on this page for instruction on getting connecting to the school's WIFI, Office365 and Printing.

Student ID Cards

Student ID cards for students Year 7 to 13 are used for printing out work, checking out library books and gaining access to a broad range of discounted student purchases in the city.

A new student ID care will be issued each year which will cost \$10.00, and will be charged to your school account.

Students must take care that they do not lose their ID cards. If a card is lost, students should allow up to a week after reporting the loss for the production of a new ID card. Replacement cards will cost \$10.00 per card.

If a student loses their ID card they should immediately request that Helpdesk place a PIN on their card so that no one else can use it for photocopying. They can do so by contacting the Secondary Office.

Printing and Photocopying

At the beginning of enrolment, a \$20 credit will be put on each student's ID card automatically at no charge to the student.

Once this credited amount has been exhausted, students will need to purchase additional credits for their account. If there is not enough credit in a student's printing and photocopying account, it will not be possible to print or copy their work. You can request additional money to be loaded to the account by going to either the Secondary or International Office.

Students can check the balance of their printing and photocopying account by swiping their ID card at a printer. The number of remaining credits will be displayed.

Costs: Black and White is \$0.05 per page and Colour is \$0.13 per page.

<u>Stationery</u>

School supplies can be purchased easily through the Office Max My School site: https://www.myschool.co.nz/. Click on the 'School List Search' and enter the details of your student to see the stationery requirements.

If requested, the initial set of basic stationery required for an international student can be supplied through the International Office.

Senior students studying mathematics will need a Casio Graphics FX9750GII calculator or equivalent.

Students should also bring an electronic or hard copy dictionary in their own language plus English, for use in the classroom.

Complaints Process



The International Department is your <u>first</u> point of contact for any problems or complaints you may have, including issues with agents or homestays.

Please click on this link to see what to do if you have an issue: <u>Complaint Process.</u>

Finances, Personal Funds, Refunds

Student Invoicing is coordinated between our International Office and the school's Finance Office. If you have any questions about your invoice, you can contact our office directly. This applies to queries regarding a refund of fees.

For students who are not living with their parent(s), we offer the following arrangement. Personal funds can be managed by Bethlehem College for the purpose of keeping the student's money safe, and also being accountable to parents for any money spent. The Personal Funds requested are to be paid in advance by at least two terms and will be held in the student's holding account.



Two bank accounts are opened in the student's name. One is to hold funds for uniform, telephone, sports, bus, doctors, dentist bills etc. Withdrawals are made from this account by automatic payments / direct debits, or with the signature of the student and a designated International staff member. The other is for personal spending money (pocket money). Weekly deposits are made to the Pocket Money account for the student to access.

Primary Info

School Communication

Teachers and staff at the school communicate primarily through email and Seesaw, so please ensure you check your email account regularly. This includes a fortnightly school newsletter, which can be found on the school web site under News & Events. If you are not receiving emails, please contact the International Office and we can ensure your details are up to date.

Lunch Ordering

Parents of primary children can order lunch for students directly from our school canteen using an online ordering system: https://www.lunchorders.co.nz/parents/.

Academics

Please see the International – Academic page of the school's web site for key information relating to what we expect and also what we provide to support the student's academic success.



https://www.beth.school.nz/international/academic

English Language Support

Specialist ESOL support is provided for students in Years 1-10. Students are selected based on language testing conducted in school, and assessed by our ESOL teaching staff. Our ESOL teachers then manage and monitor each student's progress within our programme. ESOL lessons will take place during the school day, within mainstream class or a separate classroom depending on the student's need.

Regular testing and reporting ensure every student advances in their language abilities with a goal towards full mainstream integration.

In addition, IELTS tutoring classes led by an IELTS examiner may be available as an optional extra. Students are able to sit the IELTS examination in June and/or November, which will be a valuable achievement for them to take back to their home country, especially if they are not entered into the national exams. Many of our international students take this examination each year.

Expectations Around School Work



Teachers will require students to complete work outside of school hours. Homework is the daily responsibility of each student.

Students must complete their own work – they are not allowed to copy another student's work under any circumstances. This also applies to plagiarism where another person's work is copied or downloaded without due credit. The school will take appropriate action if this takes place.

Attendance

International students are expected to attend ALL classes unless prevented by illness or another urgent cause. If they have continued unexplained absences and/or fail to attend school regularly, then the procedure relating to this will apply and parents will be informed. The New Zealand Immigration Service is strict on attendance, and too many absences may affect your study visa.

School Reports

At Bethlehem College, school reports are produced in Terms 2 & 4. Copies of these are forwarded to parents and/or agents by the International Department. Term 1 progress reports are also produced for international students in Years 7 – 13.

NCEA and Assessments

New Zealand secondary schools are linked to the National Certificates of Educational Achievement (NCEA) system. Students achieve credits towards their NCEA goals through both internal (school-based) assessments and external examinations.

If you would like to better understand how this system works, you can find plenty of resources for international students on the NZQA web site: https://www.nzqa.govt.nz/about-us/publications/nzqa-brochures/.

Special Programme

National NCEA examinations begin mid-November. All senior international students not sitting exams are expected to attend a special programme that we offer during this time. This programme is based around popular kiwi outdoor activities and further English language learning and is always a highlight for our international students.

Connections



Our staff are here to help!

Call the international office anytime during normal school hours on 07 579 1856.

Or email us directly:



Mr Ilati Vukona Director / Jr Secondary Dean E: ilati.vukona@beth.school.nz



Miss Jane Houghton International Office Manager E: jane.houghton@beth.schoo.nz



Mrs Karlee Rippey Homestay Manager E: karlee.rippey@beth.school.nz



Mrs Esther Blears
Sr Secondary Academic Dean
Sr Secondary English Teacher
E: esther.blears@beth.school.nz



Miss Miriam Allsopp Sr Secondary Pastoral Dean Sr Secondary English Teacher Jr Secondary ESOL Teacher E: miriam.allsopp@beth.school.nz



Mrs Sarah Vukona Primary ESOL Teacher Primary Dean E: sarah.vukona@beth.school.nz

Communication

Making connections can be tricky when you're in a new place. We have developed a number of ways to communicate with our students and families, and for them to communicate with us.



- We make sure our offices are a welcoming and safe place where students and parents can come to ask questions or just have a chat.
- New students are assigned a 'Buddy' who will help them find their way around for the first few days.
- For our senior students we have a 'Common Room' where Year 13 students can study and where all Year 10-13 students can gather twice a week for lunch.
- The school regularly communicates through email so both caregivers and students will need to check this regularly. For students, your school email address will be Firstname.Lastname@beth.school.nz.
- We have set up 'WhatsApp' closed groups for our Years 7-9 students and parents, as well as one for our Years 10-13 students. We have found this a great way to communicate with everyone at once, and also build connections among students.
- We hold regular social events, which may include homestays, parents and students. Some are 'Whanau' events for everybody and some are just for parents or students.

Who's Who?

- Our Academic Dean can help with questions about subjects and school work.
- Our Pastoral Dean can help students connect to sports and musical groups or activities. They will also meet with students regularly to make sure everything is going well.
- Our Administration team can help you with any day-to-day questions, homestay questions, finance, insurance claims and stationery.

What Happens If...

- You have to stay home because you are sick? The Caregiver is responsible for emailing the absence office at <u>absences@beth.school.nz</u> or ringing the school office on 579 1827.
- You feel sick during the day at school? Students are welcome to go to the sick bay in our office for support, or to the sick bay with the main school office.
- You get lost and don't know where you should be? Come to the International Office and we can help you find out any information.
- You have to leave school early for an appointment? The Caregiver needs to let our
 office know and we can provide the school office with permission for you to leave
 early. The Student will need to sign out at the main school office before leaving
 campus.
- You feel homesick, lonely or sad? You can talk to any of our staff whenever you have difficult feelings. We will make sure you are supported and get any help you may need.
- You need to contact a parent or caregiver during the day? International Students
 are able to contact their parents whether local or overseas by coming to our
 Office. It is the only place where you will be allowed to use your mobile phone during
 the school day.

Making Friends

We offer many opportunities to make friends, but the first thing you need to do is get involved. School Camps, Sports, Music or Cultural Groups – these are all ways to get to know other students in a smaller group.

Kiwi students may be curious about your home country and its traditions. You can also ask them questions about New Zealand and their lives.



Smile! It's contagious.

Kiwi students will understand that you are learning English, so don't be afraid to speak up.

New Zealand Life



Travelling to and around New Zealand

Get Ready for New Zealand

The following link is a planning tool to help you move to, and settle in, New Zealand. https://nzready.immigration.govt.nz/

Travel Checklist (What To Bring)



Before you leave home, it is vital you check that everything you need is packed. For security reasons, you should pack your own luggage, so you know what you are carrying. It is important that you label all your belongings and ensure your baggage is easy to identify on arrival. This basic list will help guide you:

- Passport and Student Visa
- Travel Itinerary & Tickets
- Travel & Medical Insurance
- A small amount of cash or bank card
- Clothes include a swimsuit and warm clothing for winter
- Toiletries
- Digital Devices: iPad (Years 6-9), Laptop (Years 10-13), Mobile Phone, Electronic dictionary / translator
- Medicine bring any medical or optical prescriptions in English
- Adaptor for electrical devices
- Calculator (for Senior Students, a Casio Graphics FX9750GII or equivalent is required)
- Important phone numbers and contact details
- Do not bring large amounts of cash or any fresh food (even if it is in packaging)

Arriving in New Zealand

- Ensure Bethlehem College is notified of all plans / itineraries and changes as soon as they are finalised.
- Ensure you are arriving in New Zealand in plenty of time to settle in and recover from your travel before school starts.
- Before arriving at Auckland Airport, please ensure you have completed your arrival card and customs declaration form. New Zealand has very strict rules about bringing food or medicine into the country – so check carefully.
- Please have your passport, visa and arrival card available for customs officials.
- If you get lost or need assistance, we can help you. You can ring our 24/7 phone number on +64 27 420 7331 for assistance.
- If required, you are able to convert money at an Auckland Airport Travelex store.
- Remember you will need a local SIM for your mobile. NZ has three main providers and you will need to choose a prepaid plan



that best suits you. We also have complementary SIM cards available on your arrival to school.

Out and About Once You're Here



As a student, public bus service around Tauranga is free as are the school buses. You can find out more about public transport around Tauranga at the following link:

http://baybus.co.nz.

Information about school buses can best be viewed from our school web site:

https://www.beth.school.nz/studentlife/buses.

Bethlehem College has processes in place to support students wishing to travel during their time with us.

If students are planning to be away from school for an extended period of time, a Request for Leave Form must be completed. Senior students will also need to fill out an 'assessment check' form with their teachers, to ensure they will not be missing any assignments or tests. You can get these forms from the International Office.

All out-of-town travel for students not living with their parents must be approved in advance by the Director of International, and a <u>Permission to Travel Form</u> must be completed. Plans must comply with the supervision requirements under the Code of Practice. Students will not be permitted to stay in hotels, motels or backpackers without authorised adult supervision.

About New Zealand

Our City and Region

Tauranga is the largest city in the Bay of Plenty Region and is situated by the sea. Tauranga offers plenty of activities - enjoy the sandy beaches, lakes, hot pools and forests on your doorstep. We are known to be one of the sunniest regions in NZ with a mild climate. Our average temperatures range from 14°C in Winter and 23°C in Summer.

Below are some helpful links you can follow to find out more about our beautiful country, Tauranga and our wider region.

The Bay of Plenty www.bayofplentynz.com/

www.studyinnewzealand.govt.nz/bay-of-plenty

Tauranga <u>www.tauranga.govt.nz</u>

Education Tauranga <u>www.educationtauranga.co.nz/</u>

<u>Banking</u>



Banking in New Zealand is safe and easy. Most New Zealanders use a card or phone app to pay for things rather than cash as it is secure and convenient. There are a number of major banks:

Bank of New Zealand (BNZ) www.bnz.co.nz
 ANZ Bank www.anz.co.nz
 ASB Bank www.asb.co.nz
 Westpac Bank www.westpac.co.nz

Mobile Phones

All major brands of mobile phones will work in New Zealand with a SIM card from one of our national networks. **We can start you off with a free initial SIM card – just ask!**

• 2 Degrees www.2degreesmobile.co.nz

Skinny Mobile
 Spark
 Vodafone
 www.skinny.co.nz
 www.spark.co.nz
 www.vodafone.co.nz

Visas

International students must have the appropriate visa to study at a New Zealand institution. To obtain this, fees must be paid in full and the Receipt and Offer of Place from Bethlehem College will need to be presented to a New Zealand Immigration office, along with other documentation. The school is happy to help with visa renewals at a cost.

See our web site for information on how to apply for a student visa to study at Bethlehem College. (https://www.beth.school.nz/international/enrol)

To ensure that you understand the requirements that you need to meet, full details can be viewed at: www.immigration.govt.nz/full-fee-paying-student-visa.

<u>Insurance</u>

International students must have current and comprehensive travel and medical insurance while studying in New Zealand. We can arrange this for you with our preferred provider, Unicare Insurance or you may want to organise this yourself.

See our web site for information on how to apply for a student visa to study at Bethlehem College. (https://www.beth.school.nz/international/enrol)

Healthy / Safe Life

Staying Safe

Emergency Phone Numbers



- It's important to know who to ring in an emergency. In New Zealand our national emergency number for police, ambulance and fire services is **111**.
- You must also notify our International Department in the event of a serious accident, illness or other emergency. Our 24/7 phone number is **027 420 7331**.

Road Safety: Safe Cycling and Road Rules

- New Zealanders drive on the left-hand side of the road.
- You must always put on the seat belt in the car, even if you are in the back seat.
- You must wear a safety helmet when riding a bicycle.
- Ride your bicycle in the cycle lanes, if there are some. Try not to use very busy roads.
- You must use the pedestrian (zebra) crossing, if there is one.



Cyber Safety

- Bethlehem College has strong safety protocols on campus to protect students online from dangerous or harmful content. For this reason, VPN's are <u>not</u> allowed to be activated.
- Parents and Students will sign a Blended Learner Agreement which outlines the responsibilities of both the student and the school in keeping digital learning safe.
 See our school web site for the latest information: https://www.beth.school.nz/studentlife/digital-learning.

General Safety

- Water: New Zealanders like to enjoy relaxing in our beautiful outdoors, going to the local beach, river or lake. Although we enjoy the water, it can be dangerous so please ensure you know how to keep safe.
 - Even if you are a strong swimmer, never swim alone.
 - Look out for strong currents (rips) at the beach.
 Many New Zealand beaches are patrolled by surf lifesavers, and they put out red & yellow flags to tell people where it is safe to swim.

Staying Safe Around Water

https://www.surflifesaving.org.nz/stay-safe/beach-safety-messages/beach-basics

<u>Sun:</u> The sun is very strong here, and it's important to be Sun Safe when you're outdoors. The Kiwi motto is: **Slip** (on clothing), **Slop** (always use sunscreen), **Slap**

(on a hat) and **Wrap** (put on sunglasses). These are things that will protect you from the sun.

Sun Smart

- <u>Earthquakes:</u> New Zealand can sometimes experience earthquakes. These are seldom serious, however it's good to know some key things to keep you safe. **Drop** to the ground, **cover** your head (find shelter if you can) and **hold** that position until the shaking stops.
 - https://getready.govt.nz/en/emergency/earthquakes/
- Going Out: New Zealand is considered a safe country; however, you always need
 to be careful of your own safety and the protection of your belongings. Stay alert
 when you are out walking don't wear ear buds or headphones over both ears so
 that you can be aware of what is going on around you. If you can always go out in
 a group of friends.
- Police: You can trust the police to help you if you are in trouble.

Your Health



Mental Health

- Everyone struggles with feelings of homesickness, loneliness or generally overwhelmed sometimes. It's helpful to let people that you trust know if you are having a hard time. You can talk to any of our staff, teachers, your parents/caregivers or homestay family and your friends. People in New Zealand talk about their feelings openly, so you don't need to feel shy. Please ask for help!
- Bethlehem College offers free Counselling support to all students. We have fully trained and qualified Counsellors on site at school that are happy to listen and advise you when you are needing extra support.
- Coming to a new country brings a lot of adjustments! It's normal to miss your home, your family, familiar food and your usual ways of doing things. Here's a link to some tips for coping with Homesickness: <u>Coping with Homesickness.pdf</u>

Alcohol / Substances / Smoking / Vaping



- You are <u>not</u> permitted to smoke or vape at school or in public while you are wearing your school uniform.
- It is illegal to buy cigarettes or vaping products if you are under 18 years of age or to give these to others who are under 18.
- Students are not legally allowed to drink alcohol in a public place, or purchase alcohol if they are under the age of 18. International students are not allowed to drink any alcohol.
- New Zealand has strict laws regarding illegal drugs. Click here to find out more: <u>New Zealand Drug Laws</u>.
- Use of banned substances, including drugs and alcohol, will be disciplined with serious consequences.

What to do if you're sick

- If you will be away from school, make sure and let our absences office know. A
 parent or caregiver must telephone or email (absences@beth.school.nz).
- In New Zealand, unless you feel your illness is an emergency, you should book an appointment with a doctor to get medical advice.
- If you need urgent healthcare (either in an emergency or after normal working hours) you can get help at our local Accident and Medical Centre on Second Ave or at the Tauranga Hospital on Cameron Road. Call the international emergency number for support (027 420 7331). We can also assist with getting you first language support if you don't have anyone local.

Doctors/Dentists/Health Appointments

- Our staff can help you register with a local medical practice so that you can book appointments with a Doctor for any health concerns. This may include issues around sexual health.
- We can also help you connect with other health professionals such as Dentists, Orthodontists, Physiotherapists and Optometrists.



• If you need to miss school to attend an appointment, you will need to let our office know so that we can authorise you to leave campus.

Home Life



Homestay Living

Many of our students 14 years old and over enjoy living in a Kiwi household. This is such a unique opportunity to gain a day-to-day understanding of life in an English-speaking country, and all of our Homestays are hand-picked to provide the highest level of care and support to our students.

Check out our Homestay Student Guide here: 2023 Homestay Student Handbook.

Parents who live here

Some of our students are incredibly fortunate to have a parent come and live with them in New Zealand. Local parents form an important part of our International whanau (family) and are always welcome to visit our office for a chat and a tea or coffee.

We hold regular events throughout the school year especially for our parents. Some are more formal where they can meet with our teachers and staff. Some are just for fun and building connections, such as barista training and cooking lessons. We always have a great time.

We're here for you too! "It takes a village to raise a child", as they say, and it can be very hard making a life for yourself and your little family in a new country and we want to ensure you are well supported during your time here.

Designated Caregivers

Some families want their student to live with a trusted family member or close friend while they are studying at Bethlehem College. We call them Designated Caregivers (or DCG's). Our department will set up a formal agreement between the parent and the caregiver, and will also keep in contact to ensure the student is happy in their home life. DCG's are also welcome to attend our events and be supported by our department in the care of the student.