



Student Homestay Information

Welcome to St Mary's College. We hope you enjoy your time here with us.
"The Homestay Coordinator is there to help support you in your new homestay and make sure you are happy and settled. If you have any questions, please contact me."



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Communication is important!

- Remember, you need to speak English often.
- Please tell your homestay if you are hungry, cold or don't understand.
- You must have your mobile phone with you every day (unless you are in Years 7,8,9,10 when phones are banned at school). It must be turned on and fully charged with credit.
- Your caregivers and International staff will use Text/Messenger or What's App to contact you.
- The school and teachers will communicate with you through your school EMAIL and "MICROSOFT TEAMS". You will have alerts set up on your phone and laptop.
- Your school-work/homework will be posted on each of your classes "ONENOTE"



The important things

When you first arrive at your homestay...

1. Ask for the WIFI password
2. Write down the names of all the family members, put their numbers in your phone and address (take a photo of your house).



3. Check what time you need to set your alarm for breakfast or school. School starts at 8.30am.



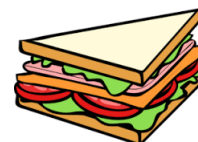
4. Make sure you know how to get to and from school by walking and bus. Write instructions down as you may forget. The first trips to and from school are scary so please make sure you are confident and set the alarm to give yourself enough time.



Questions to ask your new family:

Food/Meals/Kitchen

- *What food do you like to eat? What are your dislikes or allergies?*
- *Discuss any kitchen rules. What can you eat if you are hungry i.e. fruit or snacks – where are they kept. Can you make a sandwich?*
- *Are you allowed to use the toaster, kettle or microwave? Ask what your lunches will be i.e. sandwiches or rolls, yoghurt, fruit, snacks*
- *It is normal to make your own lunch. Some families make it in the evening. Make sure you have enough time in the mornings if you have to.*
- *If you buy any special food for yourself – ask where you can store this.*
- *There is a microwave and kettle at school to help you adjust to warm food like noodles and rice, but you need to ask to use it.*



NOTES

- ❖ Your host family will give you three meals every day.
- ❖ Breakfast is usually toast and/or cereal etc. Lunch is usually cold (sandwiches, fruit, crackers etc). You may have to make your own breakfast and lunch, but your host family will show you what to do.
- ❖ Dinner is the main meal of the day and is usually a hot meal eaten between 6.00pm – 7.00pm with the whole family.
- ❖ Try food that may be new to you but if you do not like something, it is okay to say, “no thank-you, I don’t like it”.
- ❖ Please eat your meals at the table with your host family

Showers & Personal Hygiene

- *When is the best time for you to shower?*
- *Where can you keep your toiletries?*
- *Can you use the family’s soap and shampoo (if not you need to buy your own)*
- *Where are the towels and where should you hang them after use?*
- *Ask how and where do you dispose of sanitary pads/tampons? DO NOT FLUSH THEM DOWN THE TOILET*



NOTES

- ❖ In New Zealand, we wash ourselves inside the shower (or bath), not on the floor.
- ❖ Hot water is expensive – showers are no more than 10 minutes
- ❖ No showers after 9.30pm (or earlier! Please check with your family).
- ❖ Please turn on the fan before you shower and place a bath mat on the floor next to the shower.
- ❖ When you are finished leave the bathroom clean and tidy, wipe down surfaces and remove your hair in the handbasin or shower.
- ❖ Please do not leave wet towels on the floor.
- ❖ Shampoo, conditioner and soap for showering may be provided by your host family, especially if you share a bathroom. However, you may be required to buy your own. **No dyeing of hair at any time in the home.**

House Rules/Chores

- What house rules apply in your family e.g. setting the table, doing the dishes?

NOTES

- ❖ Remember to keep your room tidy, make your bed in the morning and pull back the curtains.
- ❖ No cell phones at the table
- ❖ No food in the bedroom, or other areas of the house
- ❖ Offer to help – your homestay does not do everything for you



Laundry

- How do you do the washing? How often does it get done i.e. put washing in a laundry basket and it will be collected and washed on Wednesday & Saturday
- You may feel uncomfortable about other people seeing your washing, so you may be happy to do your own or ask for a separate washing bag for your underwear.



NOTES

- ❖ Most families do not wash every day (and not their Blazer and skirts – these are done every few months)
- ❖ Do not wash your own clothes in the bathroom and hang wet clothes in your bedroom.

Important information...

Going Out

- Discuss lights out or when they want the computer or devices to be switched off.
- If you go out your family **MUST** be comfortable with transport arrangements whether it be a bus or Uber (outside of school hours) and the time you are expected home. Your host family will tell you the latest time you can come home.
- Let homestay family know where and whom you are out with, give them a friend's mobile number.
- There is NO overnight sleepovers without permission from the international office.



Heating

If you feel cold make sure you put on more layers of clothes and ask for more blankets. If you use a heater or an electric blanket, please make sure you turn it off at night and after use.



Cultural Differences

- It is polite to look people in the eyes when you are talking to them
- Say 'please' when you ask someone for something, and 'thank you' when somebody gives you something or does something for you.
- You should not wear your shoes inside unless your host family are happy with this.
- Please blow your nose with a tissue instead of sniffing and sneeze and cough in your elbow.

Sleeping

- Your host family will probably go to bed a lot earlier than you are used to (often 10.00pm or 11.00pm).
- If you are awake later, please be quiet and do not disturb your host family.
- Remember that we sleep between the sheets, and not on top of the blankets.

Illness

- If you are feeling unwell and not able to attend school you must inform your host family who will let the school know.
- Remember to keep your receipts and doctor's notes from the doctor for your insurance claims.
- There is a school nurse you can visit at any time

General

- Before you leave the house, it is important that you close any windows that you have opened, and check that you have locked the house. Please keep your house key safe
- Emergency number is 111, Non-emergency police number 105
- Call 1737 if you want someone to talk to for mental health 24/7
- **School Contacts – Sue King 021 157 8776**

NEW ZEALAND LAW

- You are not allowed to drive a motor vehicle or motor bike
- You must wear a cycle helmet when you ride a bicycle
- You must wear a seatbelt in a car
- You cannot travel in a car driven by a person with a Restricted License (Full drivers license only)
- You cannot leave Auckland without permission
- You cannot buy or use alcohol, tobacco or vaping products as an international student at our school (regardless if you are over 18 years of age).

Remember, in New Zealand vehicles drive on the LEFT-hand side of the road! Be careful when crossing the road and use pedestrian crossings wherever possible.

Enjoy!

