



RUGBY SCHOOL
NIGERIA

RUGBY SCHOOL NIGERIA
BOARDING COMMUNITY

BOARDERS' HANDBOOK

2026 / 2027

Kind · Grounded & Authentic · Courageous · Curious

A Home Away From Home
www.rugbyschoolnigeria.com

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INTRODUCTION

Welcome to Boarding at Rugby School Nigeria!

No matter if you are a full boarder, a weekly boarder, or new to boarding life, we are excited to welcome you into our lively house community. At RSN, boarding is much more than a place to stay after classes. It is a caring, organised, and lively home where you can make lasting friendships, grow more independent, and develop your character.

Our boarding values are based on respect, kindness, and helping everyone grow in all areas of life. In our boarding houses, we want every student to feel important, safe, and encouraged to do their best in school, with friends, and in their personal growth. With support from our team of housemasters, housemistresses, tutors, and pastoral staff, boarders have organised study time, strong safety measures, and a weekend activity program that balances academics with real opportunities to relax and have fun.

Living in a boarding community helps you learn important life skills like leadership, resilience, empathy, and time management. We encourage every boarder to get involved in school life, try new things, support each other, and celebrate what we achieve together.

This handbook will help pupils and parents understand daily routines, house rules, how we care for students, and other useful information. We encourage you to read it together alongside the [RSN Guidelines for Life](#).

We are excited for a memorable, successful, and inspiring year in boarding.

The Boarding Team

PRINCIPAL'S WELCOME

Welcome to the Rugby School Nigeria Boarding Community.

At Rugby School Nigeria, boarding is central to our educational vision. We build on a strong tradition of British boarding, adapted for our global community. RSN is dedicated to helping students become well-rounded, confident, and caring young people who are ready to succeed in a changing world.

Boarding offers a special environment that helps students grow both academically and personally. Outside the classroom, boarders enjoy a longer learning day, support from great staff and resources, and a welcoming community that encourages independence, responsibility, and strong values.

Our top priority is the safety, well-being, and happiness of every child in our care. With strong safety procedures, clear behaviour expectations, and caring support, we make sure RSN is a safe and supportive place where every student can do well.

We see boarding as a true partnership between the school, our boarders, and their families. This handbook is your guide to our routines, values, and how we operate, so everyone knows what to expect in our community.

Thank you for choosing RSN Boarding. I look forward to seeing our boarders grow, lead, and support each other during the school year.

Warmest regards,

Dr Adam England

Rugby School Nigeria

OUR BOARDING PRINCIPLES

Rugby School Nigeria boarding community is built on four fundamental values that define how students live, learn, and grow together in the Boarding House. The boarding house supports boarders to exhibit the following values and encourages them to constantly reflect on their growth by being:

Kind And, therefore, inclusive of others. The House structure supports every individual in feeling a sense of belonging and fosters a community where diversity is celebrated.	Grounded & Authentic True to themselves. By providing a “home away from home,” students are allowed the security to be authentic and develop a genuine sense of self-worth.
Courageous Not afraid of failure. Our boarding life routine encourages students to step out of their comfort zones, knowing they have a supportive safety net if they stumble.	Curious Ready to ask, “What next?” The evening routines and social environments are designed to spark inquiry and a lifelong passion for discovery.

What We Believe: Boarding Principles

Living in a boarding house is about far more than just having a bed close to your classrooms—it's about who you become while you are here. At Rugby School Nigeria, we view boarding as a journey designed to help you grow in every dimension of life: physically, intellectually, socially, morally, and spiritually. While your academic success matters deeply to us, who you are as a person matters just as much.

Our community thrives on mutual respect. Every single boarder and staff member deserves to be treated with dignity, kindness, and genuine consideration. Diversity is one of our greatest strengths, which means everyone belongs here. Regardless of your background, ethnicity, culture, gender, or ability, you have an equal opportunity to excel and feel at home.

Part of living well together also means respecting boundaries. Everyone—students and staff alike—needs time and space to recharge, and we actively honour each other's right to privacy. Above all, you have the absolute right to study, play, and relax in an environment free from fear, bullying, teasing, or intimidation. When we treat each other with this level of care, the bonds we form go far beyond the school gates, giving you friendships that will genuinely last a lifetime.

Our Promise: Boarding Aims

When you step into our boarding family, our primary aim is to create an open, trusting atmosphere where you feel safe, valued, and heard. You should always feel comfortable approaching any member of our community—whether that is an older student, a peer, or a member of staff—confident that you will be treated as an individual. We work hard to maintain a culture so grounded in openness and tolerance that unkindness and bullying find no place to take root.

Your safety, comfort, and well-being are at the core of everything we do. We provide a secure, hazard-free environment alongside comfortable, age-appropriate living spaces where you can focus on your studies, unwind with friends, and enjoy the privacy you need.

Beyond keeping you safe and comfortable, our goal is to help you prepare for the world. Through house life, you will build real-world independence, learn to take responsibility for yourself and your surroundings, and develop essential teamwork and leadership skills. We will encourage you to look beyond yourself—contributing positively to your house, our school, and the wider community.

Finally, remember that you are never on this journey alone. Whether you want to celebrate a huge personal win, need advice on a tough decision, or simply need a listening ear during a difficult moment, our house staff are always here to support, guide, and back you every step of the way.

BOARDING HOUSE EXPECTATIONS

Behaviour, Rewards, and Expectations

Living in a boarding house is like being part of a big, vibrant family. For everything to run smoothly, our community relies on trust, safety, and mutual respect. How we treat each other inside the house reflects who we are as a school, and our goal is simple: to create a positive, supportive home where every single boarder can thrive, make great memories, and feel safe.

When you join our residential community, you are expected to show up responsibly, respect those around you, and get actively involved in house life. We love celebrating students who do the right thing, step up as leaders, or simply make the house a warmer place to live. At the same time, if things go off track, we address inappropriate behaviour using a fair, consistent, and step-by-step system of sanctions that align with the wider school policy.

The Boarding Code of Conduct

As an RSN boarder, you represent our house culture whether you are in your dorm, in the dining hall, or out on a school trip. To keep our community strong, we ask every student to commit to a few core standards:

- **Treat everyone with kindness:** Speak and act with dignity, respect, and care toward every peer and staff member.
- **Respect our staff and structure:** Follow house rules and respect the authority of the boarding team, who are here to keep you safe.
- **Be honest and accountable:** Speak the truth, own your choices, and take responsibility when you make a mistake.
- **Look after our home:** Take care of school property, look out for your housemates' belongings, and keep shared facilities clean and welcoming.
- **Respect the daily rhythm:** Stick to house routines faithfully including being where you need to be for prep time, evening roll calls, curfews, and lights-out.
- **Be a positive force:** Bring good energy to the house, participate in activities, and represent RSN with pride both on and off campus.

Your Rights and Responsibilities

A great community is a two-way street. You have clear rights that protect your experience here, alongside key responsibilities to help protect everyone else's.

STUDENT RIGHTS

- Feel completely safe, valued, and respected in your home away from home.
- Be treated fairly, consistently, and without bias by staff and peers alike.
- Be listened to and have your voice heard if a behavioural issue or investigation arises.
- Get caring, prompt support from boarding staff whenever you run into personal or academic difficulties.
- Live in an environment that actively protects your mental, physical, and emotional well-being.

STUDENT RESPONSIBILITIES

- Follow house rules and respect daily schedules.
- Treat fellow boarders and staff members with courtesy and genuine respect.
- Speak up and alert staff immediately if you see or hear something that could put someone's safety or well-being at risk.
- Own your actions, recognising how your behaviour impacts the rest of the house community.

Celebrating Good Choices: Rewards and Recognition

We believe that great character, hard work, and kindness should never go unnoticed. When you go above and beyond, contribute to house spirit, or show great leadership, we want to recognise and celebrate your effort.

Rugby Learner Profile (RLP) Points

You can earn RLP points directly within the boarding house by putting our core learner values into action. Whether you show **resilience** during evening prep, act **collaboratively** during weekend activities, **reflect** after a tough day, or bring a **globally minded** perspective to house discussions, your positive attitude earns you recognition.

Positions of Responsibility

Boarders who consistently model great choices, support their housemates, and uphold our values will be considered for student leadership roles—such as House Captains, Prefects, or Peer Mentors. These roles give you a real voice in shaping house life and let you put the principle of **servant leadership** into practice by serving and guiding others.

EVENING AND WEEKEND DISCIPLINE

Our boarding house serves as a true 'home' for our pupils. Consequently, it is vital that boarders interact respectfully and appropriately with both staff members and their peers. Every student should consistently strive to demonstrate our Core Values in all of their daily interactions. In instances where conduct is deemed inappropriate, the boarding staff will issue sanctions in strict accordance with the RSN Guidelines for Life.

ANTI-BULLYING

Creating a Safe Home: Our Anti-Bullying Commitment

At Rugby School Nigeria, your boarding house should feel like a place where you can completely be yourself, relax, and focus on growing into the best version of who you are. Every single boarder has the right to feel safe, respected, and valued here.

Unkindness, intimidation, or bullying have zero place in our community and will never be tolerated under any circumstances. We are deeply committed to building a culture rooted in genuine kindness, mutual respect, and looking out for one another.

Understanding Bullying: What It Really Means

Bullying isn't just a simple argument or a bad day between friends. It is any deliberate behaviour designed to hurt, intimidate, exclude, or humiliate someone else—especially when one person uses their position, age, popularity, or power to make another feel small. It can happen repeatedly over time, or it can be a single, serious incident.

Because we live together 24/7, we treat bullying with extreme seriousness as a child protection and safeguarding concern. It can take many different forms, including:

- **Verbal:** Name-calling, insulting remarks, harsh teasing, or making threats.
- **Physical:** Pushing, hitting, tripping, taking things without permission, or damaging someone's personal property.
- **Emotional & Social:** Spreading rumours, intentionally excluding someone from a group, manipulating friendships, or using peer pressure to isolate someone.
- **Discriminatory:** Targeting someone because of their race, culture, religion, gender, background, or ability.
- **Cyberbullying:** Using group chats, direct messages, social media, or online forums to harass, embarrass, or target someone—even if it happens late at night or outside school hours.

A Crucial Note on “Banter”: Never dismiss hurtful behaviour as *just joking, just banter, or part of growing up*. If words or choices make someone feel unsafe, unwanted, or humiliated, it is not banter—it is harmful, and it needs to stop.

How We Keep Our House Safe

Living together in a residential setting means we spend a lot of time in shared spaces. To make sure our dorms, common rooms, and dining halls stay safe and welcoming, our boarding team takes a proactive approach:

- **Active Staff Presence:** Houseparents, Housemasters, Housemistresses, and tutors maintain a strong presence across the house to keep an eye on house dynamics and step in early if tension builds up.
- **Clear Values and Open Discussions:** We regularly talk through what healthy, respectful relationships look like—both in person and online.
- **A Culture of Looking Out for Each Other:** We encourage you to be an active upstander, not a passive bystander. Standing up for your housemates makes the whole house stronger.

What to Do: Reporting and Getting Support

If you are experiencing unkindness, or if you notice a housemate being targeted, **please speak up**. Asking for help is a sign of strength, not snitching. You can talk directly to any adult you trust, including:

- Your Housemaster or Housemistress
- Any boarding staff member or tutor on duty
- The Head of Boarding
- The Designated Safeguarding Lead (DSL) or any teacher

What Happens When You Report?

- **You Will Be Heard:** Every report is taken seriously, handled with care, and investigated promptly.
- **Early Intervention:** Staff log concerns securely so we can spot negative patterns early, intervene before things escalate, and protect everyone's well-being.
- **Full Support:** We walk alongside you throughout the process, taking active steps—including mediation, pastoral care, or formal disciplinary measures—to ensure you feel completely safe and secure in your home away from home.

YOUR SAFETY AND WELL-BEING

Safeguarding and Pastoral Care

Living away from home is an exciting adventure, but it also comes with new routines, shared spaces, and times when you might just need a bit of extra support. At Rugby School Nigeria, your safety, happiness, and overall well-being come first.

Our boarding house is built to be a secure, respectful, and caring space where you can focus on making great friends, growing as a person, and feeling fully supported every single day.

Keeping You Safe: Our Safeguarding Commitment

Safeguarding simply means keeping you safe from harm, protecting your physical and emotional well-being, and making sure you always have a voice. Because you live on campus, we take extra care to maintain a home environment grounded in trust, high-quality supervision, and clear safety standards that align with official child protection guidelines set by the Lagos State Ministry of Education.

Here is how we ensure our team is ready to protect and support you:

- **Trained Adults You Can Trust:** The Head of Boarding serves as our Designated Safeguarding Lead (DSL). Together with the Boarding House Wellbeing Lead, they complete advanced child protection training every two years.
- **Fully Trained Staff:** Every houseparent, tutor, and member of the boarding team undergoes formal child protection training renewed at least every three years. Any new staff member completes safeguarding training with the DSL before taking on duties in the house.
- **Proactive Protection:** Boarding staff are trained to act immediately on any safety or well-being concern—no matter how small it might seem. They log these securely on CPOMS so that our leadership team can step in early, provide support, and protect your safety.

Supporting Your Emotional Well-Being

Adjusting to boarding life, managing schoolwork, and living with peers can sometimes feel overwhelming—and that is completely normal. Whether you are experiencing a bit of homesickness, feeling stressed about exams, or navigating a conflict with a friend, you never have to deal with it on your own.

Our boarding staff live on-site in the house. They are part of your daily routine—from morning check-ins and shared meals to evening prep and weekend activities. They collaborate closely with your teachers and our School Counsellor to ensure that if you are having a tough time, we catch it early and offer the right help.

How We Support Your Day-to-Day Mental Health

- **Healthy Routines:** A balanced mix of structured study time, physical activities, social events, and proper rest.
- **Trusted Adults:** Easy, low-pressure access to staff members whenever you need advice, encouragement, or just someone to listen.
- **Confidential Support:** Access to professional, confidential counselling services whenever you need deeper guidance or space to talk through personal challenges.

Remember: Reaching out for help is never a sign of weakness—it's a normal, healthy part of growing up. If you ever feel unsafe, worried about yourself, or concerned about a housemate, speak to a member of staff. We are always here to help you thrive.

SUPPORT

We want to ensure all Boarding pupils feel supported in the house. We have a Pastoral Wall in the house that displays important information. Boarding pupils can also seek support from the following sources in school:

- Personal Tutor in school
- House Leaders outside of boarding school
- School Counsellors
- The safeguarding leads
- Independent person (visits three times per year)

Family and School Partnership: Visits, Communication, and Agreements

At Rugby School Nigeria, boarding is a genuine partnership between the school, our boarders, and parents. We strongly believe that open communication, clear boundaries, and collaborative trust are essential for every student to feel supported, safe, and happy.

Below are the key guidelines governing family visits, how parents can raise concerns, and the core consent agreements that protect our community.

Boarding Visitation Policy

We love welcoming families to campus! To ensure our boarding houses remain safe, organised, and focused on student routines, all parent and guardian visits are carefully structured.

Guidelines for Visiting Campus:

- **Advance Booking:** Visits must be arranged in advance with your Housemaster/Housemistress or the Head of Boarding.
- **Approved Hours:** Visits must take place during designated visiting hours so they do not clash with prep time, scheduled house activities, or rest hours.
- **Checking In:** Upon arrival, parents and visitors must inform the Housemaster/Housemistress or Matron and sign in at the house office before entering residential areas. Please remember to sign out when leaving.
- **Designated Visitor Areas:** Visitors are asked to remain in specified public or reception areas unless accompanied by a member of the boarding staff.
- **Protecting Privacy:** To safeguard all students and respect personal space, **parents and visitors are not permitted to enter student bedrooms or private living areas.**
- **Operational Discretion:** The school reserves the right to postpone or adjust visits when necessary to protect student welfare or institutional routines.

Raising Concerns: Parent Complaints and Feedback

We believe in early, open, and constructive dialogue. If a parent or boarder ever has a concern regarding boarding life, we want to hear about it so we can make things right quickly.

Who You Can Contact:

Parents and students are welcome to reach out to any of the following key leads via phone, email, or a scheduled meeting:

- Your child's **Houseparent (Housemaster/Housemistress)**
- The **Head of Boarding**
- The **School Counsellor**
- The **Designated Safeguarding Lead (DSL)**

- The **Senior Leadership Team**

The Step-by-Step Resolution Process:

- Most concerns can be resolved quickly through an informal conversation with your child's Houseparent or the Head of Boarding. If an issue remains unresolved, parents may submit a formal written complaint to the school leadership. The matter will be investigated thoroughly and confidentially, with official feedback provided within the school's published timeline.

Our Guarantees to Families:

- **Strict Confidentiality:** All concerns are handled with high sensitivity and shared only on a strict need-to-know basis.
- **No Retaliation:** Neither a student nor a parent will ever be disadvantaged, treated differently, or compromised for raising a genuine concern in good faith.
- **Continuous Improvement:** Boarding leadership tracks all feedback to refine our systems, improve staff practices, and strengthen student safeguarding.

Parental Consent and Core Agreements

Before joining the house, parents sign a series of foundational agreements. These documents establish shared expectations and provide our staff with the legal authorisation to protect and care for every child.

1. Boarding Agreement

This agreement outlines a student's commitment to house life. By signing, parents confirm that their child will:

- Respect and follow instructions from Houseparents, Matrons, and residential tutors.
- Faithfully observe daily routines, including fixed prep schedules and meal rotations.
- Adhere strictly to house curfews and lights-out times to ensure everyone gets proper rest.

2. Behaviour and Conduct Agreement

RSN maintains a zero-tolerance approach to choices that compromise safety or well-being. This agreement reinforces:

- High standards for personal discipline, mutual respect, and honest communication.
- A firm, uncompromising stance against all forms of bullying, harassment, or physical/verbal abuse.
- Compliance with our Information Security Policy to ensure digital devices are used responsibly without invading privacy or disrupting sleep.

3. Medical Consent Authorisation

This mandatory authorisation empowers our qualified Medical Team to look after student health safely by:

- Administering first aid and treating minor everyday illnesses or injuries.
- Managing and giving prescription or over-the-counter medications listed in the student's medical file.
- Seeking immediate hospital care or emergency specialist intervention if a child's health requires urgent action.

4. Activity and Excursion Consent

To ensure boarders enjoy a vibrant life beyond the classroom, this agreement provides general permission for:

- On-campus recreation, sports fixtures, and inter-school athletic competitions.
- Weekend house trips, cultural visits, and local educational excursions.

Transparency First: While general consent covers routine activities, the school will **always inform parents in advance** whenever students leave campus. For major or overnight trips, parents will receive a detailed itinerary along with a specific **Supplemental Consent Form** detailing the safety risk assessment.

4. Photography and Media Consent

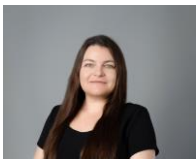
To celebrate and record pupils' experiences within the boarding community, photographs and videos may be taken during boarding activities, events and excursions.

This consent allows the School to:

- Take photographs or video recordings of pupils participating in boarding activities and excursions.
- Use photographs or recordings in accordance with the School's existing photography, safeguarding and data protection procedures.
- Share appropriate images through approved School communications and publications, where the relevant parental permissions have been provided.
- Ensure that pupils whose parents or guardians have not provided the relevant consent are not intentionally included in photographs or recordings intended for publication.

MEET THE BOARDING TEAM

Our boarding team lives and works alongside you every day. Whatever you need — practical, pastoral, or just a friendly face — one of the team below is always close at hand.

	Designated Safeguarding Governor for Boarding <i>Dr. James Whitehead</i>	jsw@rugbyschoolgroup.net
	Head of Boarding / Deputy Principal Administration <i>Segun Sanusi</i>	ssanusi@rugbyschoolnigeria.com
	School Counsellor / Wellbeing Lead <i>Betty Melvin</i>	bmelvin@rugbyschoolnigeria.com
	House Parent (Male) <i>Gareth Nelson</i>	boarding@rugbyschoolnigeria.com
	Deputy House Parent (Male) <i>Philippe Mboua Tjomb</i>	boarding@rugbyschoolnigeria.com
	House Parent (Female) <i>Jenny Nelson</i>	boarding@rugbyschoolnigeria.com
	Matron <i>Fiona Upstone</i>	boarding@rugbyschoolnigeria.com

	School Nurse Emmanuella David	nurse@rugbyschoolnigeria.co m
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WHAT A WEEK IN RSN BOARDING HOUSE LOOKS LIKE

Rugby School Nigeria Boarding houses operate structured routines designed to support pupils' wellbeing and academic engagement.

Daily routines typically include:

- morning routines and breakfast
- attendance at the school day
- co-curricular activities
- supervised prep or study periods
- evening social time
- lights-out arrangements appropriate to pupils' age

These routines support pupils in maintaining healthy balances between study, rest, and recreation.

Weekday Schedule

Key Stage 3 (Year 7–9) Boarders Routine — Weekday

TIME	ACTIVITY
6:00 am	Wake up and shower
6:35 am	House Meeting, then Breakfast
7:25 am	Leave cafeteria to go to morning registration
7:30 am	School day starts
12:15 pm – 1:00 pm	Lunch
1:10pm – 4:00 pm	Resume lessons and ECAs/Prep
4:00 pm – 5:45 pm	Return to house for snack / free time
5:45 pm – 5:55 pm	House meeting, then Dinner
6:00 pm – 7:00 pm	Dinner in cafeteria
7:00 pm – 8:00 pm	Prep in Common room
8:00 pm – 8:40 pm	Social time with devices. Free time – stay in house and relax/continue prep
8:40 pm	Devices in
9:00 pm	Bed/lights out

Y10–11 Boarders Routine — Weekday

TIME	ACTIVITY
6:00 am	Wake up and shower
6:35 am	House Meeting, then Breakfast
7:25 am	Leave cafeteria to go to morning registration
7:30 am	School day starts
12:15 pm – 1:00 pm	Lunch
1:10pm – 4:00 pm	Resume lessons and ECAs/Prep
4:00 pm – 5:45 pm	Return to house for snack / free time
5:45 pm – 5:55 pm	House meeting, then Dinner
6:00 pm – 7:00 pm	Dinner in cafeteria
7:00 pm – 8:00 pm	Prep in Common room
8:00 pm – 8:55 pm	Social time with devices. Free time – stay in house and relax/continue prep
9:10 pm	Devices in
9:30 pm	Bed/lights out

Sixth Form Boarders Routine — Weekday

TIME	ACTIVITY
6:00 am	Wake up and shower
6:35 am	House Meeting, then Breakfast
7:25 am	Leave cafeteria to go to morning registration
7:30 am	School day starts
12:15 pm – 1:00 pm	Lunch
1:10pm – 4:00 pm	Resume lessons and ECAs/Prep
4:00 pm – 5:45 pm	Return to house for snack / free time
5:45 pm – 5:55 pm	House meeting, then Dinner
6:00 pm – 7:00 pm	Dinner in cafeteria
7:00 pm – 8:00 pm	Prep in Common room

8:00 pm –9:40 pm	Social time with devices. Free time – stay in house and relax/continue prep
9:40 pm	Devices in
10:00 pm	Bed/lights out

WEEKEND SCHEDULE

Lower School (Y7–9) Boarders Routine — Saturday

TIME	ACTIVITY
9:00 am	Wake up
9:30 am - 10:25 am	Breakfast and House meeting
10:30 am – 12:00 pm	Leave cafeteria to go to boarder's activities
12:00 pm – 12:40 pm	Back to rooms to freshen up for lunch
12:45 pm – 1:30 pm	Lunch
1:30 pm onwards	Free time/family visits by appointment
5:40 pm	House meeting, then Dinner
9:15 pm	Devices in
9:30 pm	Bed/lights out

Middle School (Y10–11) Boarders Routine — Saturday

TIME	ACTIVITY
9:00 am	Wake up
9:30 am - 10:25 am	Breakfast and House meeting
10:30 am – 12:00 pm	Leave cafeteria to go to boarder's activities
12:00 pm – 12:40 pm	Back to rooms to freshen up for lunch
12:45 pm – 1:30 pm	Lunch
1:30 pm onwards	Free time/family visits by appointment
5:40 pm	House meeting, then Dinner
9:45 pm	Devices in
10:00 pm	Bed/lights out

Sixth Form Boarders Routine — Saturday

TIME	ACTIVITY
9:00 am	Wake up
9:30 am - 10:25 am	Breakfast and House meeting
10:30 am – 12:00 pm	Leave cafeteria to go to boarder's activities
12:00 pm – 12:40 pm	Back to rooms to freshen up for lunch
12:45 pm – 1:30 pm	Lunch
1:30 pm onwards	Free time/family visits by appointment
5:40 pm	House meeting, then Dinner
10:45 pm	Devices in
11:00 pm	Bed/lights out

All Years Boarders Routine — Sunday

TIME	ACTIVITY
08:00 am	Wake up and breakfast in Common room
08:45 am	Head to Chapel /other activities
11:30 pm	Brunch
12:30 pm – 5:40 pm	Free time in house
5:40 pm	House meeting
6:00 pm	Dinner
After dinner – 7:45 pm	ALL in rooms – prep and new week readiness
7:45 pm – 8:45 pm	Devices handed out
8:45 pm	Years 7-9 School Devices in
9:00 pm	Years 7-9 Lights out
9:15 pm	Years 10-11 Device in
9:30 pm	Years 10-11 Lights out

TIME	ACTIVITY
9:40 pm	Years 12-13 Devices in
10:00 pm	Years 12 -13 Lights out

Sunday Worship & Spiritual Life

At Rugby School Nigeria, we celebrate the diverse faiths within our community. Spiritual growth, moral reflection, and character development are at the heart of our boarding experience, and we ensure all students have meaningful opportunities to practice their faith.

For Christian Students

Our boarders attend the Cathedral Church of Christ (Eko Atlantic), part of the **Anglican Church for All Nations (ACAN)** initiative. This fellowship offers a balanced, dignified, and reflective environment that welcomes students from all Christian backgrounds.

- **Active Participation:** RSN boarders are encouraged to take an active role in church life—whether through choir, reading lessons, or ushering—building public confidence and a genuine heart for community engagement.
- **Safe, Seamless Travel:** Located within Eko Atlantic City, our Sunday journey is exceptionally smooth and secure, ensuring students return promptly for brunch and rest.

For Muslim Students

We are dedicated to supporting our Muslim boarders in their faith. We provide a designated space within the boarding house for prayer and reflection. Spiritual guidance and instruction are provided by a visiting Imam, allowing students to maintain their religious practice with consistency and comfort.

Note: Occasionally, the Sunday schedule may be adjusted to accommodate special assemblies, trips, or house activities.

Dining and Nutrition:

Great food is the foundation of high energy, sharp focus in the classroom, and strong athletic performance. At Rugby School Nigeria, dining is designed to be nutritious, delicious, and balanced.

What's on the Plate: Cafeteria Standards

Our dining hall serves three freshly prepared meals a day—breakfast, lunch, and dinner—built around whole foods and clean cooking techniques:

- **Sustained Energy:** Main meals feature complex carbohydrates and high-fiber grains—including brown rice, whole-wheat pasta, oats, sweet potatoes, and traditional Nigerian grains like acha and millet—to keep energy levels steady without sugar crashes.
- **Quality Proteins:** Lunch and dinner offer at least two lean protein choices, featuring fresh poultry, fish, eggs, lean beef, and rich plant-based options like lentils, chickpeas, and beans. Meals focus on grilled, baked, or steamed dishes rather than deep-frying.

- **Fresh Veggies & Fruits:** Every lunch and dinner includes a fresh salad bar and at least two hot vegetable sides. Fresh whole fruit is served every morning at breakfast and stands as the primary dessert at lunch and dinner.
- **Clean Hydration:** Chilled, filtered drinking water is readily available on every dining table. To protect health and dental wellness, carbonated sodas and artificial sugary drinks are completely banned. Communal beverage options are kept simple and healthy: pure water, natural fruit-infused waters, and fresh unsweetened milk or calcium-fortified plant milks.

Snacks & Tuck: The Traffic Light System

Any snacks available on campus through retail or school events follow a simple, health-first framework:

- **Green (Everyday Access):** Fresh fruit cups, plain popcorn, whole-grain crackers, low-sugar yogurts, and pure water. These make up at least 70% of available snack options.
- **Amber (Occasional / Regulated):** Baked crisps, portion-controlled 100% fruit juice diluted with water, baked savory pastries with lean fillings, and flavored milks.
- **Red (Prohibited on Campus):** Energy drinks, high-caffeine beverages, heavy confectionery, deep-fried snacks, and foods with artificial trans-fats or high-fructose corn syrup are strictly banned from sale and distribution.

Life in the House: Boarding Snacks & Evening Supper

Living in a boarding house means building lifelong healthy habits. Pastoral teams, under the guidance of the Deputy Principal and Houseparents, ensure house pantries and bedrooms support student well-being:

- **Personal Tuck Boxes:** Boarders may keep a small, sensible supply of snacks in their personal lockable tuck boxes. Permitted items include whole-grain crackers, dried fruits, plain seeds, low-sugar cereal bars, and approved nut butters (subject to house allergy checks). The acceptable size is 20" x 13" x 11".
- **Restricted Items:** Fast-food deliveries, large bags of chips, high-sodium instant noodles, and sugary sodas are not allowed in the boarding house. Any prohibited food found during routine room checks will be confiscated and disposed of.

Food Allergies & Special Dietary Needs

We take food allergies, intolerances, and metabolic conditions with absolute seriousness to guarantee a safe dining experience for every child.

Individual Health Care Plans (IHCP)

Any student with a diagnosed allergy (e.g., severe nut, shellfish, or dairy allergies), an intolerance (such as celiac disease), or a medical condition like Type 1 Diabetes will have a detailed **Individual Health Care Plan**. The School Medical Officer, parents, and the student's specialist doctor co-create this plan before the start of each term.

Kitchen Safety & Dining Hall Protocols

- **Dedicated Allergen-Safe Zones:** Kitchen operations include an isolated, strictly monitored allergen-safe zone with dedicated cutting boards, cookware, and utensils to eliminate cross-contamination.
- **Clear Meal Labelling:** Serving stations display clear, colour-coded signage showing key ingredients and identifying major allergens (nuts, dairy, gluten, eggs, soy, shellfish).
- **Staff Visual Ledgers:** Catering teams maintain a discreet, secure photo ledger behind the serving counters to cross-check and verify students with severe, life-threatening allergies at the point of service.
- **Rapid Medical Access:** Emergency auto-injectors (EpiPens) are stationed in a clearly marked, easily accessible medical station within the dining hall, known to all duty staff for immediate response if ever required.

YOUR LIVING SPACE

RSN Boarding House and Tuck Shop

In the 2026/27 academic year, RSN boarding student leadership may run a pupil-led Tuck Shop within the boarding houses under the supervision of the boarding team. Its primary objectives are to:

- Provide boarders with regulated access to essential toiletries, stationery, and healthy snacks.
- Develop practical financial literacy, inventory control, bookkeeping, and teamwork skills among senior boarders (Years 12–13).
- Reinvest net operating surpluses into Boarding House charitable initiatives and student-selected boarding amenities.
- Maintain strict alignment with RSN nutritional guidelines, allergy protocols, and safeguarding standards.

Tuck shops will open during designated breaks. Tuck cupboards are located directly inside each boarding house and are typically opened by designated house staff or a student leadership representative at designated times in the late afternoon or early evening before prep.

Tuck access is strictly integrated into the boarding daily routine to avoid disrupting meals or academic prep:

- **Afternoon Break (Post-Games):** Open for 30–45 minutes after afternoon sport or co-curricular activities to provide a quick energy boost.
- **Pre-Prep Window:** A brief 20-minute window in the boarding house prior to evening study hours.
- **Weekend Privileges:** Extended opening windows on Saturday afternoons and Sunday post-chapel, often functioning as a social gathering spot.
- **Strict "Lights-Out" Lock:** Boarding House tuck pantries are locked immediately once evening prep or supper routines begin.

RSN Year 12/13 Boarding Enterprise Committees will manage stock inventories, track sales logs, and reconcile accounts under the supervision of the Boarding House Team.

Allergy Safeguards: Student Leadership on duty and the house staff collaborate to flag dietary restrictions and allergens before purchasing, preventing pupils with severe nut or dairy allergies from purchasing restricted items.

Matrons and house staff monitor purchase logs. Unusual shifts—such as a pupil skipping dining hall meals in favour of hoarding tuck or spending their entire allowance on high-sugar snacks—act as an early pastoral indicator of stress, homesickness, or unhealthy habits.

Cashless and Account-Based Systems

We currently do not have **cashless accounts**. **Students are advised to bring some cash to hand over to house parents on resumption. The number of boarding students this academic year means we can** enhance safeguarding, reduce theft risk, and help parents monitor spending.

RSN Boarding enforces strict spending limits by year group, as stated below. Parents can set custom daily/weekly allowances or restrict certain product categories. Parents receive a termly breakdown of tuck expenses, prepared by the student under the supervision of house parents.

Weekly Spending Limits (Naira)

Key Stage / Year Group	Weekly Spending Cap (₦)	Permitted Frequency
Years 7–9 (Junior Boarders)	₦7,500	Max 2 transactions per week
Years 10–11 (Senior Boarders)	₦12,000	Max 3 transactions per week
Years 12–13 (Sixth Form)	₦18,000	Open within operating hours

Note: Parents may submit a written request to the Houseparent to set a lower custom cap or restrict certain product categories for their child.

Product Offering and Nutritional Standards

We operate under rigorous school food standards and pastoral guidelines, meaning product selection is carefully curated:

CATEGORY	TYPICAL OFFERINGS	REGULATIONS & CONTROLS
Healthy Essentials & Staples	Fruit pots, dried fruit, oat bars, plain popcorn, rice cakes, low-sugar yogurts	Unrestricted access within weekly allowance
Savoury & Drinks	Baked crisps, sparkling water, fruit juices, low-fat milk cartons	Portion-controlled, low sodium, no artificial trans fats

CATEGORY	TYPICAL OFFERINGS	REGULATIONS & CONTROLS
Occasional Confectionery	Small chocolate bars, fruit sweets, biscuits	Limited to 1–2 items per purchase; restricted before main meals
Essential Toiletries & Stationery	Toothpaste, shower gel, deodorant, pens, notebooks, batteries	Available on pupil account to prevent boarding emergencies
Banned Products	High-caffeine energy drinks, chewing gum, high-sugar sodas, nuts	Zero tolerance (safeguards allergies, dental health, and sleep)

Room Allocations and Bedroom Guidelines

Your bedroom in the boarding house is your personal sanctuary—a place to rest, recharge, study, and feel completely at home. Because living together is a big part of the boarding experience, we take careful steps to make sure your living arrangements are comfortable, safe, and balanced.

How Room Allocation Works

Room placements are carefully put together by your Housemaster or Housemistress to ensure everyone settles in smoothly and gets along well.

- **Separate Accommodation:** Boys' and girls' residential areas are strictly separate at all times.
- **Age & Year Groups:** You will generally share living spaces with peers in your year group. This supports shared study habits, similar daily schedules, and strong friendships.
- **Diverse and Inclusive Spaces:** We intentionally mix students from different backgrounds, cultures, and interests to prevent cliques and create an open, welcoming house culture.
- **Maturity and Individual Needs:** Placements take into account maturity, personality compatibility, and any documented medical or pastoral requirements.
- **Single Rooms:** Year 12 and 13 students are prioritised for double study bedrooms to support their final-year exam preparation. Double rooms are limited, so we cannot always guarantee special requests.
- **Returning Students:** If you are a returning boarder, you can share roommate preferences with your Houseparent. While we do our best to accommodate these, the boarding team makes final decisions to ensure the whole house thrives.
- **Fresh Starts:** Room allocations are reviewed regularly and typically refreshed at the start of each academic year, giving you the chance to expand your friend group and experience new perspectives.

SHARING YOUR ROOM

Expectations and Standards

Most boarders share a room with a roommate. This is one of the best ways to build lifelong friendships and learn essential real-world collaboration skills. To keep shared rooms peaceful and enjoyable, everyone follows a few key expectations:

Respecting Personal Boundaries

Although your room is shared, you have your own defined space—including your bed, study desk, and secure storage.

- **Privacy First:** Always respect your roommate's personal space, privacy, and belongings. Never touch, borrow, or use anything without explicit permission.
- **Quiet Hours:** Keep noise down during designated prep and resting times so your roommate can study and sleep without interruption.
- **No Visiting Other Rooms:** To protect everyone's privacy, safety, and personal belongings, **you are only allowed in your assigned bedroom.** Visiting other students' bedrooms is strictly prohibited unless specifically authorised by a boarding staff member on duty.

Cleanliness and Room Care

Keeping your space clean is a simple way to show respect for yourself and your roommate. You are expected to:

- Make your bed neatly every morning before breakfast.
- Keep floors, desks, and shared surfaces tidy and free of clutter.
- Store clothes, shoes, and personal gear away properly.

Personalising Your Space

We want your room to feel like yours! You are welcome to decorate your personal space with photos, posters, and items that reflect your personality, provided that:

- Decor is displayed neatly without damaging school walls or furniture.
- All posters and displays align with school values—nothing offensive, inappropriate, or exclusive is permitted.

Looking After Valuables

You are responsible for keeping track of your personal belongings. Keep your gear organised, lock away valuable items in your provided secure storage, and never leave expensive possessions lying around in common areas.

Roommate Support & Conflict Resolution

Sharing a space means that occasional small disagreements might happen—and that is completely normal. Learning to talk through minor issues respectfully is a valuable life skill.

If you and your roommate run into a challenge:

- **Talk It Out:** Try having a calm, polite conversation to express how you feel.
- **Ask for Guidance:** If you cannot solve it together, reach out to your Houseparent or tutor. They are experienced at mediating roommate discussions and helping you find a fair middle ground.
- **Pastoral Intervention:** If a situation affects your well-being, staff can intervene, adjust house arrangements, or consider a room change where necessary.

Our ultimate goal is to make sure you feel completely comfortable, safe, and happy in your house room every single day.

Possessions and Laundry

It is important that you learn many life skills when boarding - laundry is one of them. Ask a member of staff to use the laundry room. The member of staff on duty will help if you need it - you may be unsure of the settings, for example. Your bedding is sent off once per week to be hot washed; please strip your bed on a Wednesday morning. It is really important that you always have bedding on your bed. It is your responsibility. Feel free to ask for help making your bed if you need to.

The boarding house has a designated laundry facility where all basic laundry is carried out. Boarders may use this facility if requested. The boarding housekeeper returns boarders' laundry to the correct boarder.

RSN Boarding House is very secure and can only be accessed by boarding students and staff. Doors to the boarding house and wing doors lock automatically when shut and require a PIN code/entry card to access.

ROLE MODELS

A role model system operates in the boarding house. Those who consistently exemplify the school Core Values will receive points. The winning room at the end of each term will receive a special recognition award during school award assemblies.

ELECTRONICS

Boarding pupils are welcome to bring phones and laptops to the boarding house. Laptops are essential for prep work for all year groups.

Pupils in Years 7-11 will hand in electronics before their lights out. Boarding pupils in Years 12- 13 can use their electronics after school and after prep time until their designated phone hand-in time.

Boarders must also respect the privacy and dignity of others when using their own devices. Pupils should not photograph or record another person in circumstances where this would be inappropriate, and images or recordings must not be shared without appropriate permission. Photography and recording are not permitted in bedrooms, bathrooms, changing areas, or other private spaces.

It is really important that you can contact home and speak to family and friends when you need to. With this in mind, plan to hand in your phone as scheduled. If you are missing home, speak to a member of staff; they will help you.

Role models will be allowed to keep their phones on Saturday night as a reward for showing the core values throughout the week.

In line with whole school rules, Boarding pupils are not allowed to take their phones to school or use their phones in school during academic hours from 7.30 am - 4.00 pm.

TIMINGS

YEAR	ELECTRONIC HAND IN	ROOM TIME	LIGHTS OUT
7, 8, 9	8:40	9.00	9.00
10 + 11	9:10	9.30	9:30
12 + 13	9:40	10.00	10:00

FREE TIME ACTIVITIES

During allocated free time, boarders have access to the school's outdoor and recreational facilities at designated times, with appropriate supervision and subject to the school's daily programme, activities and operational requirements. Boarding pupils will also have access to the TV, books, and a selection of board games all located in the common room. Boarding pupils are also welcome to use their electronics during these free time periods. There is an expectation that boarders' conduct is impeccable around the school site.

SECURING BOARDERS' VIEWS

Boarders take a boarding questionnaire two or three times per year. The questionnaire allows boarding staff to capture the positive experiences that boarders have and identify areas which can be improved. Following questionnaire feedback, students meet to discuss ideas to improve their boarding experience. The meeting is led by boarders. A Microsoft Form is used to help structure and record the meeting and to provide instant feedback to the boarding team. Student voice leaders then present their ideas to the boarding team. Boarders are reminded at briefings that they can speak to the members of staff present should they wish to. Concerns raised in morning or evening briefings are taken seriously and acted on where possible.

COMPLAINTS

If a Boarding pupil has a concern, they should speak to a member of the boarding team. If the Boarding pupil feels dissatisfied with the outcome within a relevant timeframe, they may wish to email Dr England at:

principal@rugbyschoolnigeria.com

LOCKDOWN PROCEDURE

If the boarding house enters a lockdown situation, an alarm will be sounded. On hearing this alarm, all boarders must remain calm and go immediately to the Housemaster / Housemistress room, which is the designated secure location for the Boarding House. Students must not return to their bedrooms or stop to collect belongings. Once inside the secure room, students must remain quiet, move away from the doors and windows, and follow all instructions given by boarding staff. Mobile phones and other devices must be placed on silent, with vibration switched off. Students must not make calls, send messages, take photographs, post on social media, or share their location unless specifically instructed to do so by a member of staff.

The Housemaster / Housemistress will secure the room, complete a roll call and communicate with the Security Team and Senior Leadership. Any student who is not accounted for will be reported immediately through the school's emergency procedures. If a boarder is outside the Boarding House when lockdown is announced, they should only return to the Boarding House if it is clearly safe and immediately accessible. If it is not safe to do so, they must follow the instructions of the nearest member of staff or Security Team and move to the nearest designated secure location. Students must remain in the secure room until the Housemaster/ Housemistress receives and communicates with an official All Clear. Students must not leave the room because an alarm stops; someone knocks at the door, or information is received through social media or other unofficial sources.

FIRE ALARM

When a fire alarm is heard in the boarding house, all pupils must vacate the building via the nearest exit. All Pupils must make their way to the football court, line up along the back and have a register taken by the House parent on duty. Leave all possessions behind. In the instance that an alarm sounds in poor weather conditions, pupils will then be taken into the sixth form silent study area to await further instruction from the Fire Brigade.

SECURITY AND REPAIRS

All boarding entry and exit doors are pin-coded or can be opened using a security card. You are expected not to share codes or cards outside our boarding community. Please do not be overheard entering the code into the boarding house doors. If you suspect there is an intruder on the school site or feel unsafe for any reason, you should tell a member of staff immediately. If something in your room is broken or needs repairing, report it to the member of staff on duty immediately.

CARS AND TRAVEL

RSN Boarding House students should not have access to cars whilst they board at school. There is no parking provision on site for boarders and no permission to travel with others.

DELIVERIES

Students may receive parcels delivered to the boarding house. We ask that all parcels are opened by the pupil in the presence of a member of staff on duty. This does not include food deliveries which are prohibited.

FOLLOWING THE BOARDING HOUSE EXPECTATIONS

These are outlined on the wall in the Boarding House, and details are available in the [RSN Guidelines for Life document](#). The consequences for not meeting expectations are given below.

BEHAVIOUR	CONSEQUENCE / SANCTION
Entering other boarders' bedrooms	1st Offence – Warning recorded • 2nd Offence – Gated for seven days & Contact parents
Going to out-of-bounds areas	1st Offence – Warning recorded • 2nd Offence – Gated for seven days & Contact parents
Returning to the RSN House outside of allotted hours (during day)	Gated for seven days.
Late to morning Registration/breakfast	1st Offence: Warning recorded • 2nd Offence: Fully dressed and ready for wake-up duty for 7:15 am • 3rd Offence: Break time detention
Reported as incorrectly dressed/not prepared at registration/lessons	1st Offence: Warning recorded. • 2nd Offence: Report to HoB by 7:15 am – Full uniform and equipment for the day.
Noise, lack of effort or general poor behaviour in Prep	1st Offence: Warning recorded • 2nd Offence: Gated for seven days & Contact parents
Failure to sign in or out (on a weekday)	1st Offence: Warning recorded. Tech handed in for the remainder of the day. • 2nd Offence: Gated for seven days & Contact parents
Failure to sign out or in on Saturday or Sunday	Gated for seven days.
Arriving in the house after the designated time at night or returning late after leave	Gated for seven days.
Late to hand in phone/laptop etc. before lights out.	1st Offence: Tech is confiscated for 48 hours. • 2nd Offence: Gated for seven days & Contact parents

BEHAVIOUR	CONSEQUENCE / SANCTION
Failure to hand in phone/laptop or hand over alternative tech items etc.	Tech is confiscated for 48 hours. Warning from staff (recorded) and contact parents.
Late to bed / Up after lights out	1st Offence: Warning recorded / Tech confiscated for 48 hours. • 2nd Offence: Gated for seven days & Contact parents
Visitors brought into the boarding house without permission.	Gated for seven days.
Persistent untidiness of room or space	Housework with Housekeeper
Anti-social behaviour	Sanctions vary from warning to suspension, depending on severity.
Possession/consumption of alcohol or returning under the influence	Serious incident: The school's suspension process will be followed.