

Pippa's Post

For Host Families

October 2023

Dear Host Families,

As it is tradition this time of year can I once again wish you all a 'Happy New Academic Year' and a sincere thank you to you all for the support and warm welcomes you provide for our students. I am pleased to confirm that Pippa's Guardians has received a record number of new students joining us for this September and I'm aware that many of you have welcomed our new families into your homes recently to meet with them for the first time, so again, a sincere thank you.

When new families first approach us to discuss our Guardianship service the information of the host family is the number one priority for them. They are always eager to hear more and, if possible, to meet with you. I assure you a successful initial meeting means Mum and Dad can return home with peace of mind that their child will be safe and well cared for. The anxiety around who the host family is will be much reduced and the impact for them is profound. We see this first hand at this time of year and it is most rewarding for us as well as our families I can assure you. In

return, I hope by hosting your students you genuinely feel you are making a difference and supporting a child who is so very far from home.

I also appreciate that many of you are welcoming your students for another academic year and for this I am also very grateful to you. Back in the early 1990's my parents, Peter and Pippa, used to host Thai children from my boarding school, it was a wonderful and fulfilling experience for us as a family. So much so, that I am still in touch with my old friend 'Mo' even though he lives in Thailand and we first met 32 years ago. I have so many fond memories of our time together, it was like having another brother! So, whether your students are new to you this September, or more long term guests, I hope you recognise the difference we are all making to their wellbeing and to their lives, something not to be underestimated and I hope the benefits are reciprocated for you as well.

As a small business owner I am always curious as to how

we can better support our network of host families. Despite 26 years of working with host families we very much don't have all the answers! If there is something Pippa's can do, to better support you, please do let me know personally. I would love to hear from you with your ideas, this would be most helpful so please do get in touch.

Pippa's continues to go from strength to strength through our popular study camps, increased Guardianship students, events in Japan and more complementary products to follow. In fact this November we are bringing 14 of the leading boarding schools in the UK to Tokyo for a Boarding School Fair which is very exciting indeed. This is a new

venture for us and so far it has been met with huge interest from Japan. Updates can be found through our website if this is of interest to you.

I wish you all a successful year of hosting and I very much hope you enjoy this Pippa's Post. It is designed to support and help you all with your hosting and I hope you find it informative and reassuring.

If I can help you in anyway, I'd love to hear from you and please do have a think about how we can better support you, our valued host families.

I wish you all the very best, thank you.



Ben Hughes Managing Director of Pippa's Guardians
ben@pippasguardians.co.uk

A Happy Reunion

Studying abroad as an international student is an incredible opportunity to immerse oneself in a new culture, gain valuable experiences and forge lifelong connections both in and outside of school.

One of the most significant bonds that can be formed during this journey is with a host family – a home away from home. Many of our students stay in touch with their Pippa's host family, long after they have left school, which is testament to the lasting impact of the experience you as host families provide.

We were delighted to hear from Tricia and David Riley, a Pippa's host family who recently enjoyed a visit from a student they had previously hosted.

Yuki, a student from Japan, stayed with Tricia and David during school breaks for 2 years whilst he was studying at Christ's Hospital School

in West Sussex. Yuki has been studying Mathematics and Computer Science at UCL for the last four years, but they have all remained in contact. Tricia and David said "It's been lovely to stay in touch with him and his family. I'm sure we will be seeing them again in the future."

The Riley family were the first hosts Yuki had stayed with after coming to the UK to study. Yuki has just completed his four year degree and ensured he paid them a visit before returning back to Japan.

"What I remember is that I was very nervous. It was more than nervous, but I don't know how I can explain what I felt. This was first time for me to stay in the UK, and I had not experienced living away from my family for longer than two weeks before that. I couldn't speak or listen in, so I was not confident to communicate with them. They were welcoming, friendly and supportive. They talked to me a lot even though I was not good at English at the beginning."

We know how much our parents and students

appreciate host families, and the kindness and support all of you show to the students you host. We hope sharing this story is a reminder to you all of what a big difference you are making in the students' experiences.

Hong Kong Welcome Event

At the start of the summer, Pippa's Guardians were delighted to host a 'Welcome Event' for parents and children living in Hong Kong who have registered to join Pippa's Guardians in September 2023. We were thrilled to meet around 120 parents and students over the course of the day.

Commencing a UK boarding school education is an exciting but often daunting new experience for parents and children alike and at Pippa's Guardians our aim is to offer guidance and support every step of the way to help everything go as smoothly as possible. The purpose of the 'Welcome Event' was to prepare parents and students for what lies ahead in September with a focus on pastoral and academic matters.

This unique and personal event was hosted by Pippa's Guardians Managing Director, Ben Hughes with presentations from Regional Manager, Vicky Dickinson and Dr James Copeland-Jordan, Head of Science, Engineering, Technology and Mathematics

from Cheltenham College. Ben, Vicky and James ran 3 seminars across the day, allowing a more intimate experience to listen, ask questions and meet the team on a one-to-one basis to chat and ask advice. Parents and students really appreciated meeting members of the Pippa's team in person and having the opportunity to ask lots of questions before arriving in the UK in September for the beginning of the school term.



Gas safety and boiler checks

It is a requirement of our governing body AEGIS that we hold a gas safety or boiler check certificate for all host families. Can I please ask that if you have recently had a gas safety or boiler check done that you email a copy of the certificate to Alison Webb at alison@pippasguardians.co.uk. These should be renewed on an annual basis so if you have not had a check for some time could we please request that you arrange to have a check done and forward on the certificate at your earliest convenience.



Safeguarding Update

As you know, safeguarding our students is at the heart of all we do at Pippa's and we wanted to take the opportunity at the beginning of this new Academic Year to remind you that you can find our Safeguarding, Missing Student and Online Safety policies on our website [here](#). Please do let your Area Manager know if you require a hard copy of any of these policies.

Our Host Family handbook also has excellent advice on student safety, emergencies, and Safeguarding support. Your Area Manager will have already given you a copy of this but you can also log on to the Host Family portal to

access a copy and refresh your knowledge or contact office@pippasguardians.co.uk who will be delighted to send you a hard copy of the handbook.

We also have our AEGIS online Safeguarding course which has been written specifically for Guardians and Host Families by the chair of AEGIS, Adam Lubbock. Thank you so much for the wonderful response from you all in taking this extremely important course.

If you have still yet to take it, please do access the course through the link that was emailed to you by Imogen Trevethan. If you would like the link to the course resending,

then please do email imogen@pippasguardians.co.uk and we can pop a new link over to you.

The training course cost has already been met in full by Pippa's Guardians and you will be sent a certificate shortly after completion of the course which is for your records.

accreditation is revisited every four years and we are now in the process of undertaking our re-inspection. If you would like to see a copy of the Quality Standards that are being inspected please do contact our Head of Compliance on imogen@pippasguardians.co.uk and we can arrange for a copy to be shared with you.

You will shortly be receiving a survey from AEGIS which we would be most grateful if you could complete and the inspector will also select one or two host families to visit in person to talk further about Pippa's Guardians and the way in which we work with you and support you. Please be reassured the inspectors are there only to talk about Pippa's Guardians and not to inspect you or your home in any way.

AEGIS Inspection

Pippa's Guardians is committed to providing the highest levels of care and support to our students and as you may already know, we hold a Gold Standard accreditation with AEGIS (The Association for the Education and Guardianship of International Students). This

Mental Health

Pippa's Guardians have over 25 years' experience in supporting International students with coming to study in the UK. We never underestimate what a huge challenge this can be and it is only natural that some of our students may be dealing with some feelings of worry, stress and upset at such a big time of change in their life. We understand a student's mental health is as important as their physical wellbeing and we encourage all of our students to talk to someone they trust if they are struggling, to rest and eat well and to get a healthy balance between studying and other activities.

There are many useful online resources to support our students with good mental health and you may find it interesting to look at some of the resources we recommend to our students where relevant. These do not of course take the place of face to face support or counselling but can be useful to bridge the gap whilst this help is being organised and to help our young people understand they are not alone in the way they are feeling.

■ **Mix** - Judgement-free information and support. www.themix.org.uk/get-support

■ **Shout** - 24/7 Crisis Text Service. www.giveusashout.org

■ **Young Minds** - Mental health support for young people, parents and carers. www.youngminds.org.uk

■ **NHS Every Mind Matters** - Information and advice on mental health and wellbeing for young people. Includes videos about dealing with change, social media and sleep. www.nhs.uk/every-mind-matters/mentalwellbeingtips/

■ **Every Mind Matters** - Self help Toolkit - www.campaignresources.phe.gov.uk/schools/resources/every-mind-matters-self-care-tool

■ **KOOTH** - Kooth supports mental health and wellbeing. It offers a range of features and tools to support young people including a free app to download. www.kooth.com

■ **Headspace** - Meditation and Sleep Made Simple - www.headspace.com

■ **Childline** - Practical ways to help with anxiety. www.childline.org.uk/info-advice/yourfeelings/anxiety-stress-panic/anxiety/

■ **The Free Mindfulness Project** - Free Meditations and Mindfulness Activities. www.freemindfulness.org/download

Messages from Host families

We absolutely love Duncan and Ayran. The children have really bonded, and I'll have lots of positives to feedback on by the end of the weekend I'm sure!

Marcus is moving his office to our garden room (Noa is no longer using) so we will be freeing up a third room

and converting to a spare bedroom next week.

We have all taken a shine to the boys and we would love to spend more time with them, they are a great influence on our children; and build a beautiful friendship over the forthcoming years.

Hopefully, you haven't found a host for them yet.



Georgina was absolutely amazing! We all loved having her here. She is a beautiful person - the most respectful, kind and involved student imaginable. We went to an art exhibition of local artists on Friday night. We went to the beach for breakfast and she did art with Tim. Georgina wanted to see sheep, so we did a big walk and saw sheep, ducks, alpacas, horses... it was so lovely watching her utter joy! She then spent the afternoon doing still life with Tim - who went to boarding school at 7 years old, so was able to talk at length about homesickness - he can really relate. Georgina asked about maybe coming for the odd weekend if she



Sarah Garnett (hosting Georgina, a new Year 10 student at Brighton College)

needs to. We are happy with that if Georgina needs that sometimes. Honestly - we all loved her energy, Georgina is wonderful!!!

Picture Left: Cadwein & Marcus Bacon with their children (hosting Duncan and Ayren, Year 9 students at Brighton College)

Host Family Portal

Please remember to view the host family section on our website for access to useful resources like the host family handbook. There is also a recipe section for some quick and easy meal

ideas for your family or when hosting a student. The latest recipe was for Chicken Katsu curry which was submitted by Carol Sturrock, a Pippa's host family. Carol said "It is definitely one to try and popular with students. Also a great way to get students eating vegetables as they're disguised in the katsu curry sauce." The students Carol was hosting enjoyed getting involved in the cooking too.

The recipe section can be found here: <https://pippasguardians.com/host-family-recipes/> If you have a recipe to share, please email jodie@pippasguardians.co.uk



Meet & Greet

August and September was a busy time for welcoming our new students and as part of this introducing them and their families to their host families. Many of our students' parents accompanied them to the UK to help get them settled and

we hope that you all enjoyed meeting the families of the students you will be hosting.

We received lots of wonderful messages from the parents with positive feedback about how reassured they now feel that their children will be staying with kind people in beautiful homes.



Picture above: Lois and her parents with Julia her Host family.