



Boarding Department E-Newsletter 16

Welcome back from winter break!

Advisory Program

Boarding is officially back underway! Students started trickling in on Monday, taking advantage of the Italian holiday to get over jet-lag before school resumed in earnest on Tuesday. It is chilly in Rome, but students were warmed up with a lovely welcome back dinner on Wednesday night, where they enjoyed American style comfort food. Students are happy to be back in the swing of things, although seniors must contend with upcoming exams.

Since we don't have many updates from last weekend (as we were still on break), we thought we would take this opportunity to tell you a bit about our advisory program. Every St. Stephen's student is assigned an academic advisor. Since we all live together in boarding, students often depend upon their advisors for much more than academics. Most of you will have been in touch with your child's advisor in one way or another!

Every other Monday, we have advisor meetings where each advisory group meets to check-in and discuss relevant school issues. In boarding, it's not unusual for advisors and advisees to meet one-on-one during the evening to discuss personal or academic issues -- anything ranging from writing help to emotional support to future planning! When we are lucky, some groups get to take coffee and snack outings during our Monday meetings; others might even have snacks brought to them! Either way, we hope each student knows they have an ally who is ready to support them through their time here in Rome.

Readjusting to Boarding - Tips from the Wellness Center

We know it can be hard for boarders to return back to Rome from the holidays. Here are some tips for getting through this tricky time:

- 1. Know that this is normal!** Homesickness comes in waves. Sometimes, even though it feels like those first few days in September are long gone, January can be a tough month for homesickness. After spending two weeks at home with family and friends, it can be hard to readjust to boarding life.

- 2. Remember that you got through it the last time.** Sometimes a re-emergence of old feelings like homesickness can make us feel like we are moving backwards. This is not the case! We encourage boarders and their families to remember that they got through these feelings the last time and are definitely strong enough to persevere this time too. It might be useful to think of the strategies that have worked in the past and to re-employ them.
- 3. Establish regular sleeping and eating patterns.** Some boarders might be experiencing jetlag after long international flights. A lack of sleep can heighten emotions and amplify stress. We know it can be hard, but the sooner students can begin getting to sleep at a regular time, the quicker they will adjust. Equally, eating well-balanced meals at regular intervals throughout the day is always a solid way to keep our minds and bodies healthy. Exercise, sunlight and fresh air are also proven to help with the adjustment to the time change.
- 4. Have things to look forward to.** Add fun activities into your self-care routine. This might take the form of regular skype calls, weekend visits to day students' houses, excursions with friends around Rome. Sometimes we can get overwhelmed by the everyday routine in boarding and having some comfort or some novelty can be a motivating factor.

What's On This Weekend

This is one of the last weekends before the end of Semester 1. This means that many students might be in need of service and/or sports credits! By 24 January, all students are required to have 13 service credits and 20 sports credits. Please remind your children to be attentive to this matter!

This weekend, we have many exciting yet not-too-demanding plans as the community gets back into the swing of things. On Friday, Coach Ostrow will lead the SSS boys' and girls' basketball teams as they duel against AOSR. Many of our boarders will be playing! Back on campus, we plan to offer a movie screening (exact title TBD) complete with gourmet popcorn and blankets. On Saturday, we have tentative plans to visit the Case Romane del Celio, after which we will offer our students hot cocoa or gelato, depending on their preferences.

Later in the night, we plan to assemble our brand new air hockey table for its maiden appearance. We suspect this new acquisition may become a staple of boarding weekends from here on out. Virtual reality may also be in the cards, along with a snack from Gandhi, our favorite Indian restaurant. On Sunday, Mr. Ostrow plans to offer a neighborhood walk along the Tiber to Trastevere, where boarders can sample some NY style bagels. Later in the night, Kabir will host a viewing of the

hotly-anticipated Roma -- Juventus match. All will be welcome to attend so long as they root for the home team.

Useful Information

Celebrating birthdays in boarding

- Please [click here](#) to learn more about how we celebrate birthdays in boarding and how parents can send something special to their child on their birthday.
- Important Travel Dates This Year: Please make travel arrangements for the dates [listed here](#).

Supply & Expense Account Information

Name: St Stephen's School
Bank: Banca Popolare di Sondrio
Cod. IBAN: IT16U0569603229000003901X16
Cod. BIC: POSOIT22

Include your child's name in the wire transfer so that the Business Office credits the appropriate account. Please notify Michael Mottola (mike.mottola@sssrome.it) if you would like to place a limit on your child's weekly allowance.