I. **Benefits of Boarding**

Students who participate in our regular boarding programme are encouraged to become all-rounded students. Some major benefits of boarding are:

- *Learning to be independent*
  Boarders learn to take care of themselves independently through their daily disciplines, routines, and good personal hygiene. Boarding provides the experience of a home away from home.

- *Excellent social skills*
  Boarders are able to polish and enhance their social skills through peer interactions. There will be many opportunities for collaboration and teamwork building.

- *Self-discipline*
  Boarders learn to better manage their time through a strict time-table and healthy routines.

- *Life-long learning*
  Boarders are encouraged to explore and learn proactively through self-initiated activities.

Each dormitory produces a microcosm within which boarders learn how to cope with different styles and thinking, and work together for the good of the whole community. By living closely with peers and Assistant Wardens, a boarder is encouraged to explore and experiment different ways of learning and interacting under the appropriate guidance and supervision of their teachers.

II. **Objectives of Boarding**

More specifically, boarding enables students to

- Develop self-confidence and motivation
- Develop effective communication skills
- Good collaboration skills with others
- Build life-long friendships
- Live independently
- Develop talents through exploration
- Learn to develop boundaries and to respect others
- Adopt healthy lifestyle
- Develop healthy habits
III. Pastoral Care
The Warden, Deputy Warden, Dormitory Wardens, Assistant Wardens, Dormitory Officers and Boarder Prefects collaborate closely to ensure that each boarder will receive the utmost supervision, guidance and care.

The regular boarders will live in close proximity with their Dormitory Warden. Each dormitory has a live-in Dormitory Warden who will ensure boarders’ safety and discipline at all times.

Boarders will also be divided into small groups led by Assistant Wardens. The Assistant Wardens are mentors who will meet with their group on a weekly basis. The group meetings are an opportunity for the boarders to voice their thoughts and struggles so that they can be positively counseled to become responsible and respectable students. There will also be sports competitions organized between different groups and dormitories. Occasionally, Assistant Wardens will organize outings with their group.

IV. Boarding Activities
There are strict prep-times imposed to ensure that every boarder will strive academically. Occasionally, there will be special events like High Table Dinners, Christmas Party, Christmas Carol Singing, barbeques, Sports Night, and outdoor activities for boarders to allow them to relax and enjoy themselves.

Boarders are also encouraged to participate in the College’s extra-curricular activities regularly so that they can fully utilize campus facilities. The campus has a wide variety of sports facilities such as a big football field, running track, swimming pool, gym room, basketball courts, badminton courts, volleyball court and ping pong tables. For boarders who are musically talented, the College has a strong music programme with a treble choir, mixed choir, strings orchestra, and individual lessons for a wide variety of instruments.

V. Facilities
All the dormitories are on-campus and equipped with up-to-date facilities. Wireless broadband is available and each room is equipped with a centralized air-conditioning system. There are also computers available and big common areas. Boarders are also allowed to use all the facilities on campus until 6pm every day. These facilities include:

- Library
- Multi-Media Computer Rooms
- Music Rooms
- Basketball Courts
- Volleyball Court
- Tennis Courts
- Football Field
- Running Track
- Gym Room
- Swimming Pool (April – October)
Boarders will eat in a dining room. Their food will be prepared daily by a professional catering company. The food provided is all well balanced with ample amount of vegetables, meat, fish, rice, and fruit. Boarders are expected to eat well, study well and live well.

VI. Routine for Boarders

A. Weekdays :
   Mondays – Thursdays :
   07:00a.m. Rising Bell  
   07:30a.m. Room Inspection  
   08:00a.m. – 08:20a.m. Breakfast  
   08:20a.m. – 04:00p.m. Same as College routine  
   04:00p.m. – 06:00p.m. Extra-curricular activities  
   06:30p.m. Supper and Roll-call  
   06:30p.m. – 07:15p.m. No ball games allowed  
   07:15p.m. – 08:10p.m. First Prep.  
   08:10p.m. – 08:30p.m. Recess  
   08:30p.m. – 09:30p.m. Second Prep.  
   09:30p.m. – 10:00p.m. Recess  
   10:00p.m. – 12:00a.m. Third Prep. (See Remarks for various lights out times for boarders)

B. Weekends :
   (1) Fridays (or the day before mid-week holidays) :
   07:00a.m. Rising Bell  
   07:30a.m. Room Inspection  
   08:00a.m. – 08:20a.m. Breakfast  
   08:20a.m. – 04:00p.m. Same as College routine  
   04:00p.m. – 06:00p.m. Extra-curricular activities  
   06:30p.m. Supper and Roll-call  
   07:30p.m. – 09:30p.m. First Prep. / Special programmes / Ball Games (Tang Shiu Kin Hall)  
   09:30p.m. – 10:00p.m. Recess  
   10:00p.m. Roll-call at ground floor lobby  
   10:00p.m. – 12:00a.m. Second Prep. (See Remarks for various lights out times for boarders).

   (2) Saturdays :
   08:15a.m. – 08:45a.m. Breakfast (No room inspection)  
   12:30p.m. – 01:15p.m. Lunch  
Dormitories are closed after 1:30p.m. and remain closed until 04:00p.m. on Sundays.
(3) Sundays:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>04:00p.m.</td>
<td>Boarders return after 4:00p.m.</td>
</tr>
<tr>
<td>06:30p.m.</td>
<td>Supper and Roll-call</td>
</tr>
<tr>
<td>06:30p.m. – 07:15p.m.</td>
<td>No ball games allowed</td>
</tr>
<tr>
<td>07:15p.m. – 08:10p.m.</td>
<td>First Prep. / Chapel Service</td>
</tr>
<tr>
<td>08:10p.m. – 08:30p.m.</td>
<td>Recess</td>
</tr>
<tr>
<td>08:30p.m. – 09:30p.m.</td>
<td>Second Prep.</td>
</tr>
<tr>
<td>09:30p.m. – 10:00p.m.</td>
<td>Recess</td>
</tr>
<tr>
<td>10:00p.m. – 12:00a.m.</td>
<td>Third Prep. (See Remarks for various lights out times for boarders).</td>
</tr>
</tbody>
</table>

C. Mid-week Holidays:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:00 a.m.</td>
<td>Rising Bell</td>
</tr>
<tr>
<td>08:15a.m. – 08:45a.m.</td>
<td>Breakfast (No room inspection)</td>
</tr>
<tr>
<td>12:30a.m. – 01:15p.m.</td>
<td>Lunch and Roll-call</td>
</tr>
<tr>
<td>06:30p.m.</td>
<td>Supper and Roll-call</td>
</tr>
<tr>
<td>06:30p.m. – 07:15p.m.</td>
<td>No ball games allowed</td>
</tr>
<tr>
<td>07:15p.m. – 08:10p.m.</td>
<td>First Prep.</td>
</tr>
<tr>
<td>08:10p.m. – 08:30p.m.</td>
<td>Recess</td>
</tr>
<tr>
<td>08:30p.m. – 09:30p.m.</td>
<td>Second Prep.</td>
</tr>
<tr>
<td>09:30p.m. – 10:00p.m.</td>
<td>Recess</td>
</tr>
<tr>
<td>10:00p.m. – 12:00a.m.</td>
<td>Third Prep. (See Remarks for various lights out times for boarders).</td>
</tr>
</tbody>
</table>

D. Typhoon and Rainstorm Holidays:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:00 a.m.</td>
<td>Rising Bell</td>
</tr>
<tr>
<td>08:15a.m. – 08:45a.m.</td>
<td>Breakfast</td>
</tr>
<tr>
<td>09:30a.m. – 11:00a.m.</td>
<td>Morning Prep. for all boarders</td>
</tr>
<tr>
<td>12:30p.m. – 01:15p.m.</td>
<td>Lunch and Roll-call</td>
</tr>
<tr>
<td>02:00p.m. – 04:00p.m.</td>
<td>Quiet time</td>
</tr>
<tr>
<td>06:30 p.m.</td>
<td>Supper and Roll-call</td>
</tr>
<tr>
<td>06:30p.m. – 07:15p.m.</td>
<td>No ball games allowed</td>
</tr>
<tr>
<td>07:15p.m. – 08:10p.m.</td>
<td>First Prep.</td>
</tr>
<tr>
<td>08:10p.m. – 08:30p.m.</td>
<td>Recess</td>
</tr>
<tr>
<td>08:30p.m. – 09:30p.m.</td>
<td>Second Prep.</td>
</tr>
<tr>
<td>09:30p.m. – 10:00p.m.</td>
<td>Recess</td>
</tr>
<tr>
<td>10:00p.m. – 12:00a.m.</td>
<td>Third Prep. (See Remarks for various lights out time for boarders.)</td>
</tr>
</tbody>
</table>

Remarks:

(1) 10:00 p.m. Lights out for Secondary 1 & 2
     11:00 p.m. Lights out for Secondary 3
     12:00 mid-night Lights out for Secondary 4 – 7
     Lights out for Prefects are at their own discretion.

(2) Lights out after 10:00p.m., except desk lights for the purpose of studying.
(3) Secondary 1 – 3 boarders can have an extra hour of prep. time one week before the Mid-term Test or two weeks before the Term End Examination.

11:00 p.m.        Lights out for Secondary 1 & 2
12:00 mid-night   Lights out for Secondary 3 and above

(4) All dormitories are closed temporarily on school days at the following times:

Monday – Friday : 8:20 a.m. - 3:40 p.m.

VII. Clothes List and Other Accessories

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Pyjamas</td>
</tr>
<tr>
<td>1</td>
<td>Slippers</td>
</tr>
<tr>
<td>4</td>
<td>Towels</td>
</tr>
<tr>
<td>6</td>
<td>Underwear</td>
</tr>
<tr>
<td>2</td>
<td>Laundry bags (suggested size 80cm x 50cm)</td>
</tr>
<tr>
<td>2</td>
<td>Padlocks</td>
</tr>
<tr>
<td>1</td>
<td>Pillow</td>
</tr>
<tr>
<td>2</td>
<td>Pillow cases</td>
</tr>
<tr>
<td>1</td>
<td>Bed sheet</td>
</tr>
<tr>
<td>1</td>
<td>Quilt, blanket (If needed)</td>
</tr>
<tr>
<td></td>
<td>Wash basin (small)</td>
</tr>
<tr>
<td></td>
<td>Toilet articles and toilet paper</td>
</tr>
<tr>
<td></td>
<td>Clothes hangers</td>
</tr>
<tr>
<td></td>
<td>Shoe-cleaning Kit</td>
</tr>
<tr>
<td></td>
<td>Thermos flask</td>
</tr>
</tbody>
</table>

VIII. Dormitory Discipline for All Boarders

All boarders of the College are expected to use their commonsense and to behave themselves at all times. They should observe the following rules and regulations. Offenders may be expelled from the Boarding Section of the College.

1. All boarders have a duty to properly use facilities provided by the College in the dormitories. They are held responsible for any willful damage to facilities.

2. All furniture is to be the responsibility of the students. Any damage or breakage should be reported to the Dormitory Warden / Assistant Warden-on-duty / Dormitory Officer immediately.

3. Boarders are required to keep their rooms and furniture neat and clean. They should also keep their room doors open at all times for safety reasons.

4. Room Inspection:
   (a) Morning inspection will be conducted each day by the Assistant Warden-on-duty and Boarder Prefects.
(b) Beds should be stripped upon rising and made up for inspection.

(c) All shoes not worn and other belongings must be properly put away before inspection.

(d) Silence should be maintained during inspection.

5. No eating is allowed in bedrooms.

6. There shall be no cooking or boiling of water in the boarders’ bedrooms.

7. No ball games are allowed. Games which may annoy other boarders are prohibited.

8. No electric appliances will be allowed in boarders’ bedrooms (except hair-dryers, battery chargers and notebook computers).

9. No audio-visual and musical equipment (except MP3 / iPod with personal earphones) may be used in boarders’ bedrooms.

10. No pets are allowed in the dormitory.

11. Day students and guests should not be invited to go up to any dormitory at any time.

12. Prep Time
   (a) Silence shall be maintained during evening Prep and there shall be no movement from room to room without permission from a Prefect.

   (b) No one shall leave his/her dormitory during Prep without permission from the Assistant Warden-on-duty / Dormitory Officer.

   (c) Every student must sit up on his/her chair during Prep.

   (d) Every student must either do his/her school work or read the school textbooks in the First Prep.

13. Boarders are to follow instructions and carry out the orders of the Prefects.

14. Boarders should not keep valuable things in their dormitories. Personal belongings such as wallets, watches, etc. should be kept safe and locked in the wardrobe provided. **The College will not be held responsible for loss of or damage to any articles left or stored in the dormitories.**

15. Students have to go home during long holidays.

16. Students may not store their belongings in the dormitories during long holidays.
17. Secondary 5 and 7 Boarders on Study Leave should either go to the library or the study room to study and they must wear proper school uniform during school hours.

18. Absence
   If a boarder returns to the College after having been absent, **he/she must hand in an explanatory letter from his/her parent to the General Office before the First Bell in the morning.**

19. Personal Leave or Sick Leave
   Should it be necessary for a boarder to take leave due to sickness or personal affairs, he/she must **obtain approval from the Deputy Warden** beforehand. If he/she leaves the College **after school hours**, he/she must **obtain approval from the Assistant Warden-on-duty / Dormitory Officer.**

   On returning to the College the boarder should hand in his/her explanatory letter together with the Boarder’s Leave Form to the General Office during school hours and report to the Assistant Warden-on-duty / Dormitory Officer after school hours without delay.

   **All explanatory letters for personal leave should be handed in to the General Office before 1:30 p.m. on Monday or the first school day after holidays.**

   Boarders who are infected with an infectious disease while in residence should go home immediately to seek medical treatment and to rest until they have fully recovered and are certified by a medical doctor as being fit to return to school again.

20. Fridays and Saturdays
   Boarders wishing to stay in residence on Friday night(s) must obtain prior permission from their parents through a one-time authorization kept by the College; otherwise all boarders must leave for home before 6:30p.m. on Fridays. Those boarders who stay in residence on Friday night(s) are not allowed to leave the College before 12:30p.m. on Saturday(s).

   No boarders are permitted to stay in residence on Saturday nights. Dormitories will remain closed from 1:30p.m. on Saturdays until 4:00p.m. on Sundays.
21. **Sundays/Last days of school holidays**
   (a) All boarders must return to the dormitories by 6:30 p.m. If for any special reason they cannot return by this time, they are required to call the Dormitory Officer / Assistant Warden-on-duty and submit a letter of excuse to the General Office on the following day.

   (b) All boarders are not permitted to stay out on Sunday or the last day of school holidays without prior approval of a minimum of three school days in advance. This form of absence will only be allowed to a maximum of four times per term. Offenders may be required to leave the Boarding Section of the College.

22. **Meals**
All boarders must attend meals.

Weekend or holiday meals (Friday supper, Saturday breakfast and lunch) must be registered for on a Dormitory List or Holiday List. After registration, changes may be made only by the Dormitory Officer / Assistant Warden-on-duty.

All students must attend meals and have their names checked by the Dormitory Officer / Assistant Warden-on-duty.

Boarders must dress appropriately though they are not required to wear school uniform at mealtimes after school. On the days when boarders have to attend Chapel Services, they must wear proper school uniform. Sleeveless singlets, tights, short skirts/dresses, tightly fitting sports shorts/pants and slippers are not allowed.

23. **Laundry**
   (a) Laundry staff will wash only articles which have been properly labeled with the boarder’s number in indelible ink or with a number tag. Unlabelled articles will not be washed.

   (b) Woolen articles should be taken home to be cleaned. College Laundry staff are not responsible for cleaning them.

   (c) Articles with different boarder’s numbers should not be placed in the same laundry bag. Otherwise none of the articles will be washed by the College Laundry Staff.

   (d) Articles to be washed at one time will be limited by weight to 4 kg. Any excess over 4 kg will be charged.

   (e) Every boarder should have two white laundry bags (80cm x 50cm) or two ordinary white pillow-slips properly labeled with the boarder’s number in indelible ink.
(f) Clothing to be washed should be placed in one bag to be taken by boarders themselves to the laundry on washing days. (twice a week)

(g) Clean clothing will be placed in numbered boxes by the minor staff in the laundry to be collected by the boarders themselves on collection days.

(h) Boarders should either send their dirty clothes to the laundry before they leave for home or take it home with them when they go on long school holidays.

24. **Bounds**

(a) Places other than the College campus as defined by the mesh-wire fence are out of bounds to boarders. Boarders may leave the College campus only with the permission of the Dormitory Officer / Assistant Warden-on-duty by signing in and specifying the reason, in person before 4:30p.m., in the ‘Boarders Leave Book’ provided for this purpose. Permission is granted only for a reason considered essential by the Dormitory Officer / Assistant Warden-on-duty concerned. When they go, they must be dressed in proper school uniform. They will have to report to the Prefect-on-duty upon their return. No boarders are permitted to leave the College campus after 6:30 p.m..

(b) Boarders are not allowed to leave their dormitories before 7:30a.m. without permission.

(c) No boarders are allowed to go swimming on the beach. Only boarders who have been given permission by their parents or guardians are permitted to go to swim. Swimming is only permitted at the Wilson Wang Sports Centre. When boarders go, they must also obtain permission from the Dormitory Officer / Assistant Warden-on-duty.

(d) Secondary 1 to Secondary 3 boarders are not allowed to go down to Stanley Village after school. Secondary 4 to Secondary 7 boarders with permission from the Dormitory Officer may go down to the Stanley Village and are required to bring the ‘Leave Form’ with them and report back to the Prefect-on-duty before 4:45p.m.. Boarder Perfects should also obtain permission from the Dormitory Officer before they go to the Village but are allowed to report back before 6:00p.m.

(e) Boarders may not take leave after supper.

(f) Boarders are not allowed to go into another dormitory without permission.
(g) All dormitories are be closed temporarily during school hours and boarders are not allowed to stay in the dormitories during the closed times.

(h) Boarders must not go near or enter the minor staff quarters.

(i) After supper, all boarders should go back to their dormitories. They may walk around in the area near their dormitories.

(j) After the beginning of evening Prep, all boarders should stay in their dormitories. They will not be allowed to leave their dormitories without permission.

25. **Fire Orders**
Upon spotting a fire, boarders should:
- Use the nearest fire-fighting equipment, if it is practicable and safe to do so.
- Sound the nearest alarm bell and leave it on.
- Telephone the Fire Brigade by dialing 999.
- Inform the Dormitory Officer / Assistant Warden-on-duty.
- Walk quickly to locations for roll-call by Prefects and/or Dormitory Officer / Assistant Warden-on-duty:
  - The roll-call locations are
  - North House : Basketball Court
  - East & West Wings : Central Square
  - Martin Hostel : Basketball Court

26. **Strictly Forbidden**
Smoking, being in possession of cigarettes, drinking of alcoholic beverages, gambling, drug’s taking and trafficking and participating in triad activities and committing other misbehaviour either inside or outside the College that could be considered damaging to the name of the College are forbidden at all times. Stealing is a crime. Offenders may be reported to the police and expelled.

Boarders should not bring any electronic audio equipment (except MP3 / iPod / notebook computers) to school. All forbidden articles will be confiscated by the College. They will also be temporarily kept by the College until parents come to claim them.