



THE

# HAMILTON

AND ALEXANDRA COLLEGE

CONFIDENT FUTURES

BOARDING PROSPECTUS

*Live. Learn. Lead*

# Our mission

We are a family of boarders. We are from different homes, we have different interests, we have unique passions, but we are all one with our kindness, optimism, resilience, compassion, and gratitude.

# Welcome

As the Director of Boarding, it is my pleasure to welcome your family to our Boarding House. Alongside a dedicated team of boarding staff, we aim to offer your children an experience in boarding which they will remember fondly for years to come. The Hamilton and Alexandra College is proud of its 150 years of tradition, with boarding a key element of why our school was established with such success.

Boarding is simply not a place to reside whilst learning at school. Boarding at The Hamilton and Alexandra College is an experience where each and every young person can grow into who they want to be. It is where young hearts and minds can live, learn and lead into their future. Boarding builds and strengthens the development of each boarder's confidence, independence, resilience, organisation, and ability to problem solve.

At any stage of entering boarding, the connection between a boarder's natural home and their schooling home is important. Parents are encouraged to attend the annual welcome afternoon tea at the beginning of the year, connect through our Boarding Parents Association, and join the termly zoom meetings. In a similar vein, we ask for your support to encourage your children to build on their existing strengths and push their boundaries to try new experiences.

Alongside 15 residential staff who oversee the pastoral care and support of your children, I am here to assist your family with a successful transition from your home to ours.

My goal as Director is to create an environment that is inclusive, diverse, kind, and compassionate to each and every boarder and their family. A boarding experience so that each boarder is able to confidently step into their next stage of life knowing who they are and what they can be.

**Mr Andrew Monk**  
**Director of Boarding**

# Where we live

## Macdonald House and Speirs House

Our boarding precinct has two main houses, Macdonald House is the girls', named after Anita Macdonald who was an Old Collegian and led the fundraising campaign for the building of our current boarding site. Speirs House is the boys' house, named after Father Bill Speirs.

Each House can hold up to 50 boarders. There are common rooms dedicated for our younger boarders in Year 7-8, one for Year 9-11s. Boarders share a room in Year 7-11.

Our Year 12 boarders have a separate boarding wing which is designed for independence and collaborative learning in their senior year. They have their own room, a communal kitchen and lounge area and share a bathroom between two students.

Next to the dining hall (The Refectory) we have a common room where all girls and boys may congregate. With a movie theatre, pool table, table tennis table and piano, this is always a social place to be.

Boarders not only socialise in these common room areas, they frequently ride their mountain bikes around the 20 acres of property, play basketball and tennis on our courts, or our equestrian students ride their horses.

“The best thing about boarding is living with my firends and hanging out with boarders from all year levels. It is a very supportive environment.”

- Zakiya

# Our staff

## Boarding House community.

Our boarding precinct is not only home to our boarders it is also home to many of our staff.

My family lives onsite with our cat, Rosie and Dachshund, George (*pictured right*).

We also have teachers living onsite that cover mathematics, languages, Business Management and Geography.

In addition we regularly have two GAP students living at the Boarding House.

Each morning and evening our College Nurse is available for the boarders, tending to their needs, making appropriate medical appointments and dispensing medicines, if required.

If a boarder is ill at any stage during the day our nurse will also be available at the Senior School.

If a boarder is ill or injured after-hours, the staff member on duty in the relevant house will take the appropriate course of action. All staff are trained in Emergency First Aid, Asthma and Anaphylaxis training.

We have two House Mothers who dedicate their time to support the growth of our Year 7 and 8 boarders.

“I Love the MODs, They provide so much support and act like a mother figure when you need comfort or a listening ear.

- Bella



With a focus upon the fundamentals, our House Mothers ensure young boarders are welcomed, organised, supported and growing in all facets of College life.

A dedicated Lifeskills Program sees the younger boarders actively learn lifelong skills that will set them up for success both at school and beyond.



# A day in the life of a boarder

## Before School

**6.50am**

Wake up, prepare for school

**From 7.00am**

Nutritious and healthy breakfast in the Refectory

Make a packed school lunch

**8.00am**

Breakfast service ends and bag trailer departs for Senior School.

Make bed, clean teeth, pack school bags

**8.15am**

Room and uniform inspection.

Walk to school (15 minutes).

**8.20am**

Boarding House is closed.

Busy boarders are happy boarders and we strongly encourage boarders to bring the passions they enjoy at home to the Boarding House. Mountain bikes and sports equipment can be securely stored at the Boarding House.



## During School

<b>8.50 am</b>	Mentor/House meetings
<b>9.19 am</b>	Period 1
<b>10.11 am</b>	Period 2
<b>11.01 am</b>	Recess
<b>11.18 am</b>	Period 3
<b>12.10 pm</b>	Period 4
<b>1.00 pm</b>	Lunchtime
<b>1.48 pm</b>	Period 5
<b>2.40 pm</b>	Period 6
<b>3.30 pm</b>	End of school day

*Times vary for House afternoons and special programs.*

## After School

**4.00pm**

Sign in with MOD at The Refectory and have some afternoon tea.

**5.50pm**

Assemble in the The Refectory for dinner

**6.00pm**

Dinner



## ACADEMIC ASSISTANCE

**7.00pm**

Study for all

**8.00pm**

End of study for Year 7-8

**8:30pm**

End of study for Year 9

**8:45pm**

End of study for Year 10

Supper is available on Wednesday evening

**9.15pm**

Lights out Years 7-8

**9:30pm**

Outside doors locked

Houses must be quiet, Years 9 – 11 lock up laptop, phone and any other IT devices

**9:45pm**

Lights out Years 9-10

**10.15pm**

Lights out Years 11-12

Seniors may do late study if approved by MOD but must not disturb others.

## Full time boarders

Weekend activities vary for weekends and are season dependent.

### Friday

*(Bedtimes can be later than normal)*

**3.30pm**

Students may have street leave

**5.30pm**

All students must be signed in

**5.50pm**

Assemble in The Refectory for dinner

**6:00pm**

Dinner

**10.00pm**

Outside doors locked

Houses must be quiet. Devices locked away.

**10.30pm**

Lights out

### Saturday

*(Bedtimes can be later than normal)*

**8 - 9.00am**

Breakfast is served in The Refectory

**10.30am**

Morning tea

**12.30pm**

Lunch

**3.00pm**

Afternoon tea

**5.50pm**

Assemble in The Refectory for dinner

**10.00pm**

Outside doors locked

All in House must be quiet. Devices locked away.

**10.30pm**

Lights out

# Sample menu



“My favourite thing about our Boarding House Chef, Josh, is that he is friendly and is always up for a chat. I also love his food, especially Mexican night

- Charlie

## WEEK 1

Menu is subject to change without notice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
Breakfast Station	Continental breakfast will include the following items: Selection of five rotating breakfast cereals, whole and poached fruits, yogurt of the day Breads for toasting including white, multigrain, fruit and english muffins with a selection of jams and spreads Tea, coffee, apple, orange, tropical juice and water						
Cooked Breakfast		Pork sausages, mushrooms, roast tomato	Pancakes with maple syrup				Brunch, Big breakfast options
MORNING TEA SELECTION OF SAVOURY AND SWEET SNACKS, WHOLE FRESH FRUIT							
LUNCH	BUILD YOUR OWN SANDWICHES, WRAP OR SALAD BOWL (BYO CONTAINER) FROM THE SALAD BAR					Individual warm chicken caesar salads	
AFTERNOON TEA SAVOURY OR SWEET SNACK AND WHOLE FRESH FRUIT							
DINNER							
Main Course	Roast lamb shoulder Pork belly Served with a demi-gaze sauce	Grilled sizzle steaks Italian sausages Chicken kebabs Beef burgers	Spaghetti bolognese Creamy chicken, pumpkin and spinach gnocchi Served with garlic bread Steamed greens	Balsamic lamb chops Mediterranean sausages	Sweet and sour pork Mongolian beef Special fried rice Served with prawn crackers	Pizza night	Chef works with boarders to trial new menu items
Vegetables	Roast hassel back potato, roast pumpkin, braised cabbage garden peas			Steamed corn cobs Lemon, garlic and olive			
Salad		Coleslaw Potato salad Greek salad	Lebanese salad Pea, feta and herb salad	WEEK 2			
Dessert	Self saucing chocolate pudding	Zoopa Doopa	Chocolate mousse	Menu is subject to change without notice			
		Dinner is served with a can of zero soft drink		MONDAY TUESDAY WEDNESDAY			
BREAKFAST							
Breakfast Station	Continental breakfast will include the following items: Selection of five rotating breakfast cereals, whole and poached fruits, yogurt of the day Breads for toasting including white, multigrain, fruit and english muffins with a selection of jams and spreads Tea, coffee, apple, orange, tropical juice and water						
Cooked Breakfast		Fried eggs, bacon, baked beans	Waffles with chocolate sauce and ice cream				

## WEEK 2

Menu is subject to change without notice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST						
Breakfast Station	Continental breakfast will include the following items: Selection of five rotating breakfast cereals, whole and poached fruits, yogurt of the day Breads for toasting including white, multigrain, fruit and english muffins with a selection of jams and spreads Tea, coffee, apple, orange, tropical juice and water					
Cooked Breakfast		Fried eggs, bacon, baked beans	Waffles with chocolate sauce and ice cream			
MORNING TEA						
SELECTION OF SAVOURY AND SWEET SNACKS, WHOLE FRESH FRUIT						
LUNCH						
BUILD YOUR OWN SANDWICHES, WRAP OR SALAD BOWL (BYO CONTAINER) FROM THE SALAD BAR						Chilli con served with
AFTERNOON TEA						
SAVOURY OR SWEET SNACK AND WHOLE FRESH FRUIT						
DINNER						
Main Course	Roast chicken Roast lamb <i>Served with a demi-gaze sauce</i>	Homemade crumbed chicken breast served with napoli sauce, ham and cheese	Lamb and mint ragu with penne Spaghetti carbonara <i>Served with garlic bread</i>	Greek style lamb Peri peri chicken Nandos style spiced rice	Pork and hokkien noodles Beef and vegetable stir fry Steamed Rice.	Pizza
Vegetables	Scalloped potato Green peas Tomato and onion pie Roast pumpkin	Seasoned chips Steamed broccolini	Steamed greens		Broccolini and chilli	
Salad		Caesar salad Pasta salad	Greek salad Cous cous salad	Green bean and bacon salad Greek salad		
Dessert	Lemon delicious pudding	Seasonal fruit salad with ice cream	Carrot cake	Jelly slice	Strawberries, puff pastry and cream	

# Sleep, nutrition, exercise

Every member of the boarding community is known, valued and challenged. To be the best version of yourself, we know that a positive focus on sleep wellbeing, nutrition and the right amount of exercise is vital.

We enforce strict sleep times, which are staggered for age groups. This is because we know that sleep is the key to learning and wellbeing.

We also work closely with our in-house chef and consult with a nutritionist to prepare a weekly menu for our growing, active young adults.

There is no shortage of exercise options available for boarders, through organised school or community sport, or by accessing the local facilities (gym, pool, running track, golf course etc) which are all located in close proximity to the boarding precinct.



# Academic support

All boarders must complete study each evening during weekdays. Supervised study sessions differ depending on the year level, however, at a minimum boarders will complete an hour each evening.

Whilst we offer supervised prep, we also offer specialised mathematics tutoring each Monday-Wednesday evening.

Boarders also have the option of staying at the Senior School from 3.30-5.30pm, again to access specialised study or to catch up on work that is incomplete.

“Having the structured schedule makes it easy to fit sport and study into my day. The availability of a bus to pick us up whenever we need it is really handy to keep us on time and the set dinner and study times helps to keep us on track with our school work.

- Will



# Lifeskills Program

The Lifeskills Program is a unique addition to the boarding experience of our younger boarders. With the caring nature of our House Mothers, they guide our Year 7 and 8 boarders through the Lifeskills Program to support their transition into boarding life.

Lifeskills taught throughout the year include planning, routine, laundry, study, exam preparation, budgeting, healthy eating and planning meals etc. Learning these skills early sets the boarders up for independence and great success as they juggle school, co-curricular and social commitments.



# Live. Learn. Lead

The Live, Learn, Lead model of modern-day boarding, focuses on boarders developing their own individual identity, whilst modelling an inclusive and accepting environment.

We believe each boarder requires close guidance and support in their early years, whilst as they mature into senior years, we explicitly encourage boarders to develop their own identity and celebrate their strengths. Boarders will be exposed to a range of situations, people, activities, and interests.

Exploring and experimenting different subjects, interests, and social groups is an important part in growing up in early years, and boarders are encouraged to broaden their thinking and experiences.

As boarders grow in maturity they commit to interests and passions they connect with. It is our responsibility to shine a light on each boarder and the development of their unique personality.

Boarding at College instills a strong foundation of life skills for a confident future.

Boarders can be found in all walks of life, with many applying the skills learnt in boarding.

Two graduating boarders who capture the very essence of success are Ben McCure (Boarding House Captain of 2019), and Grace Austin (College Captain 2020).

## Learning how to lead.

Ben McCure is currently the St Mark's President and a student of University South Australia studying a Bachelor of Arts – Journalism.

## Making a confident step.

Grace Austin made the confident move to take a year off post-COVID before entering her University Degree. Her GAP year in northern Queensland as a Horseman.

# Parent testimonials

## Jo and Luen Credlin

(Warracknabeal, Victoria)  
Son Aiden started in 2022.

“ Since starting as a boarder in Year 9, our son has embraced the life that boarding offers – routine, study, academic assistance, sport, music, socialising, friendships and independence.

College boarding encourages good nutrition, adequate sleep, and exercise as an integral part of success at school and a lifestyle beyond.

We really value this focus and can see the benefits in learning and forming future habits.

The staff at the Boarding House are encouraging, supportive, approachable, and genuinely care for the student's health, wellbeing, and success.

## Linda and Mick Andersen

(Mundalla, South Australia)  
Chloe (OC 2019), Jake (OC 2021), and Sarah (2023).

“ A big thank you to The Hamilton and Alexandra College Boarding staff for looking after and guiding our three children for the last seven years.

They were kindly welcomed and settled into College life quickly, turning their focus to the school studies and many co-curricular opportunities that the College had to offer.

Chloe, Jake and Sarah have made wonderful, lifelong friends at College and the boarders are their second family.

Thanks to the boarding staff for keeping us up-to-date with our kids progress and assurance that they were in good hands and for making us, from two hours away so included in the College community.

# Lead

- Boarding Committee
- Senior on Duty
- Mentoring
- Coaching

# Learn

- Lifeskills Program
- Formal dinners
- Study skills and organisation

# Live

- Weekend activities
- Common rooms
- Rooming
- Socialising



Booking in for a virtual tour or a face-to-face tour  
is your next step in beginning your journey with boarding at  
The Hamilton and Alexandra College.

To book either tour please contact our registrar

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