

Dormitories

Dormitories should be located:

- Near to class-rooms but not too close, on well-drained ground if possible.
- Near a large open space if possible.
- Near to water, if possible.
- Not too far from the kitchen and dining-room.

These buildings should be light, airy and clean. If possible they should be screened against mosquitoes. Boys and girls should have separate dormitories.

Buildings should be safe for cyclonic conditions.

They should not be too large - no more than 20 children per room.

A small store for cleaning materials and tools would be useful in each dormitory.

Each pupil should have their own bed, locker for clothes and, books and personal belongings. Each pupil should have their own bedding and, where necessary, their own mosquito net.

Each dormitory should have a table with four chairs so that children can write letters or do homework. To save space, indoor games can be played in the dining-room in the evenings.

Schools should employ a boarding-master to live on school premises and provide full-time supervision of boarders.

Each dormitory should have a child (house-leader or captain) who has certain duties in helping the boarding-master or teacher in charge.

Each dormitory should have a list of duties to be carried out.

Each child will have certain duties to perform. The captain can match names to duties. Teachers must see that the arrangements are fair.

Heads should ensure that dormitories are cleaned every day. One day should be chosen to give the rooms a special clean.

All bedding and clothing should be put out in the sun at least twice a week.

Dormitories should be tidy outside as well as inside. Each term a competition could be organized and a prize offered to the best-kept dormitory.

Teachers should inspect dormitories every day.

All pupils should be in bed by a certain time. This will vary according to the ages of the children. A time should also be set for children to be up in the morning. Heads should arrange a roster of teachers to be on duty and to supervise these arrangements.

Proper supervision of dormitories is very important. A dirty boarding house without rules is useless and unhealthy.

Kitchen

Food should be cooked here, away from the dining-room.

This building should have a cement floor if possible so that it can be kept clean.

A simple design would have three solid sides with the fourth open for ventilation. The open side should be wired to keep out animals.

Wood or kerosene can be used as fuel. If wood is used, care should be taken to keep smoke out of the kitchen, by building a hood over the fire.

Racks and hooks will be needed to store cooking utensils, pots, pans, plates etc.

Only those on duty should be allowed into the kitchen.

Only those cooking and preparing food should be allowed into the kitchen. In large schools, cooks are sometimes employed, but in small schools older children can help with this. If children are to take turns in the kitchen, they must be supervised by a teacher.

Never allow children to cook food just for themselves. Too much food, time and fuel is wasted this way. Properly planned meals can be made if all the food is cooked at the same time. Children can, of course, help with the preparation of communal meals if asked to do so, but they should not be allowed to cook their own individual meals.

Kitchens should be washed down every day and cleaned after every meal.

All equipment used in both the kitchen and the dining-room must be thoroughly washed after every meal and hung up to dry.

No food should be left uncovered. Guard food against animals and insects.

The kitchen should be inspected by a teacher every day.

Nobody should eat in the kitchen.

Simple tables or benches should be made for the dining-room.

Children should bring their own enamel plate, cup, spoon and fork to school.

Food should be served by tables. There should be enough bowls for all the tables.

Pupils should sit at the same table each day. They should clean the table and return the food bowls after every meal.

After utensils have been washed they should be set up on the tables ready for the next meal. Plates should be put upside-down and mugs (also upside-down) on top of the plate.

The dining-room should be washed down every day.

No animals should be allowed to enter the dining-room.

The dining-room (with cleared tables) can be used as a games room in the evening (Ludo, Snakes And Palms etc).

Clean kitchens and dining-rooms mean good health.

Dining-rooms

It is important to eat away from the kitchen.

As with the kitchen, a cement floor is useful for the purpose of keeping it clean.

If the building has an open side, this should be wired to keep out animals.

The dining-room should have tables and benches SO that children can eat their food properly.

Where there is no piped water, care will have to be taken with washing-up after each meal. water will be needed to rinse everything that has been used, soapy water will be needed to clean them and another container of clean water will be needed to give a final rinse.

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Games and Recreation

A successful boarding school makes sure that pupils have plenty of work and plenty of play.

1. A good supply of games is necessary:-

Indoor - chess, draughts, Ludo, snakes and palm, and table-tennis if money can be raised.

Outdoor - football, basketball, volleyball, badminton, rounders etc

2. A boarding school is a good place for children to develop their interest in music. They should be encouraged to sing and play any instruments that might be available.

3. Heads should try to build up a library of interesting magazines like the School Journal from New Zealand. The library should contain as much variety of reading as it is possible for the Head to collect.

4. Children will often wish to organize themselves. This is to be encouraged provided a teacher is available for guidance.

Food for children in primary boarding schools

Children need food for three main purposes:- to give them energy, to help them grow and to keep them healthy. They play football or basketball, dig gardens, run, jump and swim as well as study in the classrooms. For this they need energy. If they do not get enough to eat, some of the food which should help to make them grow is used by the body to

produce energy. Even if they have enough food to provide energy, they may not be getting the right kind of food to make them grow and keep their bodies healthy.

One year a boy wrote in his story for the S. P. E. "All we eat at this school is manioc. We have manioc for breakfast, manioc for dinner and manioc for supper. Do not come to this school unless you like manioc." Of course, if there is a natural disaster caused by cyclones, drought or erupting volcanoes, it is difficult to provide enough of the right kind of food. But children who eat the same kind of food each day will not grow up to be tall and they will probably not be able to fight off sicknesses.

Some of the special foods children need are:-

- Protein - for building muscles
- Calcium - for making strong bones and teeth
- Iron - for making effective blood
- Vitamin A - for keeping nose, throat and eyes healthy
- Vitamin B - for keeping nerves and muscles healthy and avoiding cuts that will not heal.

Heads should do all they can to secure supplies of:-

- fresh eggs
- fresh chicken
- fresh fish
- fresh meat
- fresh fruit
- fresh vegetables .

Rules for Organising Food

1. All money allocated or collected for food should be spent on food.
2. The Head is responsible for seeing that a well-balanced diet is available to the children.
3. A careful separate account should be kept of all money received and spent on food. all bills and receipts should be kept for possible inspection by the PEO.
4. Heads should do all that they can to make it possible for the school to provide its own fruit and vegetables.
5. Even when a school has a lot of fruit trees, more should be planted in the right season.
6. Schools near water should eat fish if it is locally safe to do so.
7. Green vegetables and fruit should be eaten regularly.