



Settling In

Carrying on past the first month, your student will begin settling in. With that there are more items for discussion, such as curfews, personal hygiene, and limitations on activities international students are permitted to do while studying in Delta. The information below is not exhaustive, but is a great foundation of information and knowledge for all homestay families. At any point during your student's time in your home, as well as before arrival or after departure, feel free to reach out to your Homestay Coordinator with any questions, concerns, feedback, or stories. We always love to hear and share positive experiences our homestay families and international students experience.

Family Involvement and Sense of Belonging

We look for families who are active and willing to take their students on day trips, skiing, biking, etc. Students should be welcome to participate in family activities during the weekend.

Because students will probably require an initial adjustment period, we also suggest balancing participation with private time.

We encourage families to eat the evening meal with their students. Depending on their age, students may make their own breakfast, and pack their own lunch.

- Students may need to be taught how to do this, as in some countries, the parents prepare and pack all meals or they are provided daily for all students at the schools.

Help students to feel like a part of your family by placing student photos on your fridge, recording their birthdays on your calendar, meeting their friends, etc.

More resources are available on our website - <https://homestay.deltasd.bc.ca/resources/settling-in/>

Household Chores

International students must **not** be expected to babysit young children or walk the homestay's dogs.

They are expected to keep their rooms clean, although this might require some instruction.

They might also be asked to help set the table, or clear the table, or put dirty dishes in the dishwasher.

Common household chores are a good way for students to feel like a part of the family.

Screen Time

Cell phone Use:

Most students will be glued to their phones. You can set family limits on cell phone usage. Where and when they can be used is a good ground rule.

The limits should be set and followed by all members of the household.

If you feel that your student is not engaging with you because of having their face in their cell phone, please contact your Homestay Coordinator.

Computer Use:

Most students will have their own laptop. You can still set specific limits on internet usage.

If you find your student on the computer excessively, or surfing inappropriately, please contact your Homestay Coordinator.

Religion

Students can go with their homestay to a place of worship - or not, if they prefer. If their place of worship differs from yours, please help them to locate and attend one close to you.

Neither students nor host families should try to change each other's religious beliefs.

Swimming Pools and Recreation Facilities:

We encourage homestay families to invite their students with them to public pools and recreation centres, but elementary students must **not be left unsupervised**.

Some recreation centres have insisted on basic English skills before international students can use their facilities on their own.

Have your student demonstrate his/her swimming ability to you.

Please see the Delta Recreation Centres' Code of Conduct Form on our website:

<https://homestay.deltasd.bc.ca/resources/links/>

Curfew

Most school nights, students should be at home unless participating in an organized or school activity. They are generally expected to be home for the evening meal, and to phone if they are going to be late.

For weekends, Friday and Saturday nights, we suggest the following **maximum** guidelines (which can depend on the maturity of your student, and your own household routines):

Grade 8:	8:00 pm	Grade 10:	10:00 pm	Grade 12:	12:00 am
Grade 9:	9:00 pm	Grade 11:	11:00 pm		

These guidelines are depending on the age and maturity of your student. Students could ask for an extension on special occasions. These are only guidelines; times must work for your family and be consistent with the night time routines for your own children and household

Regarding curfews, sleepovers, and excursions with friends, homestay families must know:

- Where the student is going, and that there will be adult supervision, overnight if relevant (adult = 25 years old or older). Adult to adult communication is a must
- The name, phone number, and address of where the student will be
- How and when the student will be getting home and that they understand the curfew time
- The student's cell phone is fully charged and reachable via text
- The student knows to call the homestay if he/she misses a bus or will be late
- That permission has been granted for a sleepover

As a general rule of thumb, a student should be asking permission if he/she wishes to bring another student into your house at any time for a visit. Most homestay parents are okay with the occasional sleepover, but the student must always make sure that it is convenient for the homestay. When you agree to hosting a sleepover, a quick phone call to the other parents would be advisable

If you think your secondary school students are going to places that are not age-appropriate, or not safe in any way, tell them this is not okay with you and they are not to go. Your secondary school student is a teenager and you will know best whether your student, and the friends of your student, can be trusted

You can call the Directory, Karen Symonds, or your Homestay Coordinator for assistance

Day Ski Trips for Students Who Go Skiing on Local Mountains

Have a list of the names and student cell/home phone numbers for all students skiing (and parental contacts).

Have a plan for the day – what mountain, start and end times, transportation plan.

Make a plan for contact during the day – texts at certain hours, text or call when off the mountain and on the way home.

Students must keep cell phones on and phones must be fully charged.

Students need to ski on a buddy system – **no one should ski alone.**

Students should have a meeting plan – time and location.

Host families must contact the custodian if students do not comply or if there is a concern.

Host families need to act as diligent parents regarding all day trips and make sure that the plan for the day is appropriate and acceptable.

Host families have the right to deny any trip if there is a concern that a student is not mature enough or able to follow the protocol.

Beginning skiers should not ski without an adult, but lessons with a certified instructor are fine.

Talking to Students About Hygiene

As the students mature there may be some conversations that need to be had that could be uncomfortable to some host families.

Please keep in mind that topics like using dental floss or talking about menstruation may be new to some cultures.

If at anytime you have concerns or need help, please contact your Homestay Coordinator.

Important tip: Student beds should have a good mattress cover

Using Deodorant:

As children go through puberty, they usually will begin to have a stronger body odor. Discuss this with your student in a private atmosphere as soon as you sense the change.

Puberty can include changes in mood, such as depression, and some students can be isolated from their peers if they have a strong odor.

Take them to buy their first deodorant and explain how and when to use it.

The Importance of Washing Hands:

Teach the students that they need to rub their hands with soap for 20 to 30 seconds to get them clean.

You can explain that we teach our children a song to sing to themselves while they wash their hands.

A song such as "Happy Birthday" or "Twinkle Twinkle Little Star", can help them to scrub their hands clean for the allotted time. Instruct them when to wash their hands:

- When hands are dirty
- Before eating or touching food
- After using the bathroom
- After blowing their nose or coughing
- After touching pets or other animals
- After playing outside
- Before and after visiting a sick relative or friend
- When you get home

Proper Bathing:

If you notice your student's hair is generally greasy or they have a body odor, perhaps it is time to go over how to shampoo and de-grease the hair.

Make sure they are using soap all over their bodies when they shower.



Dental Hygiene:

Some cultures don't know about or how to use dental floss.

You can explain to students that germs are found in the mouth and that they can get rid of them by brushing their teeth for 2 – 3 minutes twice a day and flossing.

Proper dental hygiene will not only save them pain in the teeth but help them fight bad breath.

Show them how to use floss and where to buy it.

You could have some fun and get them to chew on a dental tablet and then look at the mirror and see the areas where the plaque is still active in the mouth as those areas will be colored

Video Resources:

How to brush your teeth -

Video Resource

How to floss your teeth -

Video Resource

Personal Hygiene Links -

Video Resource #1

Video Resource #2

Just for Girls

Menstruation:

Some students arrive before their bodies mature enough to start menstruation. Please discuss with the student what to expect when the time arrives.

Have some feminine hygiene products on hand and explain how often they should be changed and how to dispose of them properly.

Make Up:

It is important that the students know that they should not share hairbrushes, makeup or anything used near eyes or mouth.

Speak to the girls about whether they want to start shaving their legs or armpits. They will need to be shown how to do this, and taught where to buy supplies.

Damages

Contact your Homestay Coordinator as Soon as Damages are Noticed:

It is essential to include Delta ISP staff in anything to do with damages caused by your student. We will assist in communication and preparation of remuneration. There is a procedure to follow.

Limitations for Students

Drugs / Alcohol

Our international students are not allowed to use drugs (other than prescription) or consume alcohol. Not only are these activities illegal for minors, they are dismissible offenses.

Discuss this with your student because in some countries the drinking age is lower (16 years).

All of our students have signed an agreement indicating they know they are not to drink or use recreational drugs while here for their study terms.

Please contact your Homestay Coordinator immediately if you suspect any illegal activity.

Smoking

Smoking is not permissible for our students and it is illegal for any underage person to purchase cigarettes in Canada. If your student is smoking, please contact your Homestay Coordinator.

Driving

International students are not allowed to pursue getting a driver's license or to drive a motorized vehicle while in Canada.

Be aware that Canadian friends who have an "N" driver sign are only allowed to have 1 passenger (friend / not immediate family) in the car with them while driving.

Paid Job While in Canada

Immigration Canada does not permit students to take a paying job in Canada while on a study permit. To do so may result in a dismissal from the Delta School District.

Hitchhiking

Please discuss with your homestay students the dangers of hitchhiking and inform them that no hitchhiking is allowed.

