Information for incoming Round Square exchange student families 2020

This guide will provide you with helpful information to prepare you for your experience We highly value our Round Square exchange program and appreciate the commitment and the strength the candidates show in coming to Fountain Valley School to further their international experience, and share their experiences with our students. This guide is designed to provide useful information, but is not meant to be all inclusive. Please do not hesitate to reach out with further questions.

All exchange students are expected to play a full and active role in our school community, including the academic and athletic/afternoon program. Students will choose from the range of subjects offered at FVS. We expect visiting students to participate actively both in and out of the classroom and work hard to stay in good academic standing and 'pass' all of their classes.

You may experience a range of emotions during your time at school. A positive attitude will be vital especially if you face language difficulties. If you feel homesick, please reach out to an adult - see the list below.

We will provide valuable personalised support to you during your stay in the form of your classroom teachers, your adviser, your coaches, your House Director and duty staff, as well as the Round Square Director. All these people will work with you to make your stay a positive one.

We very much look forward to meeting you soon and hope that your educational and cultural experience at Fountain Valley School will be rewarding, as well as a little challenging.

Simon J. Walker - Round Square Director

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Skype: Simon Walker - FVS Round Square / Whatsapp: Simon Walker FVS

- **This guide should be used to supplement the information and requirements included in the welcome email from Fountain Valley School Admissions**

- **All incoming exchange parents and students must fully review this document, sign the final page, and return it to FVS two weeks prior to arriving on campus for the start of the exchange period, December 22nd, 2019.**

FOUNTAIN VALLEY SCHOOL:



Established in 1930, Fountain Valley School is a private, co-educational independent college preparatory school for students in the 9th through 12th grades with a proud record of academic, sporting and personal development achievements throughout its history. The school's primary campus is located on 1,100 acres (445 ha) of rolling prairie. The school also owns and utilizes a 40-acre Mountain Campus located near Buena Vista at the foot of the Collegiate Range of the Rockies. The School is accredited by the *Association of Colorado Independent Schools*, whose accreditation standards are formally recognized by the State of Colorado's Board of Education, *National Association of Independent Schools (NAIS)*, and *(The Association of Boarding Schools (TABS)*.

Class Size:

- Average core class: 11
- Student-to-Faculty ratio is 6:1

Enrollment:

- 239 (Boarding 167, Day 72)
- Boys: 120; Girls: 119
- 20 states and 16 countries
- 26% of students reside outside the U.S.
- 38% are students of color

Faculty:

- 33 full-time teaching faculty
- 63% of all full-time teaching faculty hold advanced degrees
- 41 are student advisers
- 30 live on campus
- 10 are in residence halls as House Directors

LOCATION:



FVS is located in Colorado Springs in the state of Colorado. The city lies at 6,035 feet (1,839 m) the stands over 1 mile (1.6 km) above sea level. Colorado Springs is situated near the base of Pikes Peak, which rises 14,115 feet (4,302 m) above sea level on the front range of the Rocky Mountains. The city and surrounding region is home to 450,000 people. It is 90 minutes from Denver and 2 hours from some of the best skiing in North America. The city contains three prestigious universities, three US military bases, and is home to 24 national governing bodies of sport, including the United States Olympic Committee. Please consult this site that gives additional information about Colorado Springs.

TRAVEL:



Colorado Springs airport (COS) is only 10 minutes from FVS and so we require that all incoming exchange students arrive into this airport. This limits the possibility of poor winter weather preventing a timely pick up. We suggest scheduling your international flight to one of the following cities from which you can get a shorter flight to COS: Denver, Atlanta, Houston, Dallas, Los Angeles. FVS host families will arrange to meet exchange students at the airport upon arrival.

VISA REQUIREMENTS:

As you will have seen in the materials from our Admissions Office, all exchange students attending an exchange at Fountain Valley require a valid F1 US Visa.

Once an exchange student is accepted, our Admissions Office will send a fully detailed set of instructions to begin the formal admissions process. Families will also be receiving documentation that should be used to contact the local US Embassy / consulate to set up an interview for the F1 visa

INCOMING EXCHANGE DATES:

Incoming exchanges are accepted in our boarding/residential program only (no homestays) between early January until late February. For 2020, our campus is closed over the Winter Break (Dec 20-Jan 4) and reopens on January 5th. Exchange students for 2020 are required to arrive on campus Sunday January 5th. Any arrangements made with host families for students to arrive earlier than this date must be cleared with the School and fully communicated.

WEATHER AND CLIMATE:



The winter climate in Colorado might surprise you! During the winter months we have significant sun and all the snow you would expect in the Rocky Mountains. Locals dress in layers and spend as much time outside as possible. Average daily high temperatures can vary greatly between 0C to around 10 to 15 C. Being closer to the sun, the air is definitely better up here – just don't forget your sunscreen and sunglasses, even in winter. Colorado Springs average weather

ACCOMMODATION:



Fountain Valley School is both a boarding and day school. Whether your host is a boarder or a day student, all exchange students are hosted in our on-campus residential program. We have 10 houses on campus each with a dedicated House Director who live in accommodation connected to the building. Students will have roommates and will be housed in either doubles or triples. Students will have study hall during the week (Sunday-Thursday) in their dorms. If your exchange host is a day student, you are absolutely permitted to check out with the Dean's Office for weekends.

PACKING LIST:

- School appropriate clothing Fountain Valley School does not have a uniform but we doe require students to adhere to our dress code. Please review the dress code section in the Student Handbook.
- Winter clothing in layers - coat, base layers, fleeces, gloves, hat, hiking or winter boots, sunglasses (if you connect with your host family early they may well lend you these so you do not have to bring them)
- Clothes for formal dinners and events: either a dress or skirt, pants with a collared dress shirt that is tucked in, tie, sport coat and dress shoes; no jeans, t-shirts, athletic shoes or flip-flops.
- Closed-toed shoes for the FVS Mountain Campus and warm and appropriate ski clothing (if you connect with your host family early they may well lend you these so you do not have to bring them)
- Athletic wear/equipment for afternoon sports
- Computer, cell phone, charger
- Basic school supplies
- Personal toiletries
- Backpack
- Water bottle
- Swimsuit

TECHNOLOGY:

FVS requires exchange student to bring their own computer which can be wired to access the school networks. As listed in the Student Handbook, they must abide by the same code of practice that applies to all FVS students, which includes access to inappropriate or offensive websites, accessing unauthorised areas of the intranet and hacking.

The student may only bring expensive electronics if they accept full responsibility for them. Such items can be broken or stolen, especially if displayed in public areas.

Exchange students are required to have a full functioning cell phone/mobile during their time at FVS. The US has many cell phone providers – ATT, Verizon, T Mobile, Sprint etc. You can contact your provider to extend coverage, purchase a local phone, or a local SIM card to be installed in a student's phone brought from home.

In the US electrical voltage for domestic use is AC 110 volts and we use flat pin plugs. We recommend an adaptor as needed.

DAILY SCHEDULE:

Weekdays: (Monday-Friday)

7:30-9am Breakfast

8:35am - 11:15am Class blocks

11:30-12:35 pm Lunch

12:35-3:10 pm Class Blocks

3:30-5:15 pm Afternoon activities/ sports

5:30-6:45 pm Dinner

7-10 pm Study hall in dorms (check in)

Weekends: (Saturday-Sunday)

11:30 am Brunch (check in)

All day - optional supervised activities

5:30 pm Dinner (check in)

Students are fully supervised on the weekends (Friday 5:30pm to Sunday 7pm). The weekend schedule includes the number of sponsored buses to the movies, local malls, and specialty trips run by faculty. There are many opportunities for students to explore the local area and get off campus if permission is

given by the parents and final approval is obtained from the Dean's office. This can also be a time for exchange students to spend the weekend with their host family.

MEDICAL CARE:

As you will see from our admissions materials, Fountain Valley exchange students are required to have valid USA based medical insurance for the duration of their stay and travel and to fully complete our internal required medical forms. We also advise that all incoming students visit an international travel clinic in their home country to ensure that all vaccinations are up-to-date and applicable prior to arriving in Colorado. Fountain Valley has fully staffed health services on campus with a visiting physician. Colorado Springs is serviced by many major hospitals, emergency rooms (ERs) and urgent care facilities.

Upon arrival, all students are required to present copies of their valid US medical insurance to our health services before they can participate in our programs. Exchange students must also submit all OTC (over the counter medications) to the health services upon arrival. These will be dispensed to students as needed during their stay.

PASTORAL CARE:

Exchange students will have access to personalized support to their during their stay at FVS in the form of their academic and pastoral adviser, classroom teachers, and coaches. Students will be assigned to a residential house that will provide layers of additional support through the House Director and the duty staff, as well as through the student residential assistants.

CODE OF CONDUCT:

Exchange students are required to adhere to our school's rules and regulations as well as all local and federal laws. Failure to do so may result in consequences that could include the termination of the exchange. Please use the following link to review the Student Handbook and let us know if you have any questions. **Student Handbook 17/18 *will be updated**

THE ACADEMIC PROGRAM:

Exchange students at Fountain Valley have the opportunity to select their own course of study They are not automatically assigned the same classes as their exchange host. Once the student is admitted, they will work with our Director of Studies to establish a schedule and a program that is academically appropriate as well as enjoyable and challenging. In most cases, the student will be guided to follow our age appropriate schedule but they can also select some classes of their own choosing. Every attempt will be made to match the student's classes as closely as possible with similar subjects taught at a similar level as those in the home school. Classes at Fountain Valley are small in size and students should expect to be involved in independent study and discussions inside and outside of class time. All exchange students are expected to play a full and active role and pass all of their classes during their exchange period. Failure to do so may result in school sanctions and a communication with their home school. All exchange students are also encouraged to speak directly to their subject teachers and their adviser to help with their

academic transition. We also have a full staffed Learning Center that is available for academic support as needed.

ADDITIONAL REQUIREMENTS:

Exchange students will also be required to select an afternoon activity/sport during the daily 3:30pm-5:30pm time slot. The winter season options are below:

- FVS Basketball teams (boys and girls)
- FVS swimming team (girls only)
- Theater tech/support
- Futsal (indoor soccer)
- Winter fitness/conditioning
- DISCVR (community service)
- All Mountain Program (ski/snowboard) **extra fees apply.
- Equestrian; Western and English riding **extra fees apply.

In lieu of an individual presentation to our community, the exchange students will, as a group, develop and present a workshop during our annual Unity Day at the end of January. They will be asked to present information about their home school, their reasons for participating in a cultural exchange, and their thoughts and reflections so far on their time in our community.

SPECIAL EVENTS:

Ski Weekend is a long standing FVS tradition and takes place in mid January. Around 75 students spend the weekend at the Mountain Campus high in the Rocky Mountains, ski at Monarch Mountain, and soak in the Mount Princeton Hot Springs. Exchange students are encouraged to attend for this alpine adventure. There is an additional cost and all equipment and gear rentals are included in the cost or can be borrowed from host families.

Homecoming Dance is an on campus student run formal event in the style of a typical US 'prom'. Exchange students are encouraged to bring formal attire.

Long Winter Weekend occurs in early February and is the only 'vacation' that occurs during the on-campus exchange period. For 2020, it begins at the end of classes on Friday (Feb 7) and students are required to return by Monday evening (Feb10). Exchange students will spend time with their host family usually on some form of planned excursion or trip. This is a wonderful opportunity to explore the Rocky Mountain West and perhaps other parts of the US for a few days.

COSTS / FINANCIAL COMMITMENT:

The exchange programme is a non-profit, *quid pro quo* venture. In principal, Fountain Valley School does not charge fees to visiting Round Square exchange students, as they continue to pay fees at their home school. We do reserve the right to pass on the cost of extra visits, programs, and activities that the visiting student chooses to participate in.

All exchange student families are required to wire US$500 deposit 2 weeks prior to arrival to cover incidental expenses (not covered by medical insurance), and excursions such as ski weekend. This needs to be paid to the school Business Office and will be available to students via the school bank. All balances will be returned to families at the end of the exchange period.

Exchange students are required to come to Fountain Valley with a credit card. It is essential that they have this extra source of funds for additional spending money and in the case of emergency.

Fountain Valley School banking/wire details:

***Wells Fargo Bank**, N.A. 420 Montgomery, San Francisco, CA 94104 Telephone 888-384-8400*

- *Account Number 1690252836*
- *RTN/ABA number 121000248*
- *Swift Code WFBIUS6S (For International Transfer Only) CHIPS Participant ABA 0407*

Please notify Fountain Valley School of Colorado's Business Office in advance (via phone 719-390-7035 ext. 304, via fax 719-391-5415 or via e-mail: Madeline Kenealy at mkenealy@fvs.edu) that you will be transferring funds for your student's Round Square exchange bank account. All transfers of funds to U.S. banks must now carry the following information:

- *Your name and account number*
- *Your address*
- *Amount transferred (in US dollars*
- *Date funds are transferred*
- ***Student's full name***
- *The School account to which the transfer should be credited – Round Square exchange bank account*
- *Name and address or identification number of your bank*

Most banks charge a fee for wiring money to another bank (usually $15 or $20 per transaction) and subtract their charge from the amount transferred. Please add the bank's transfer fee to the amount you are wiring to Fountain Valley School of Colorado. If you do not, your next statement from the school will reflect the unpaid amount.

CHECKLIST:

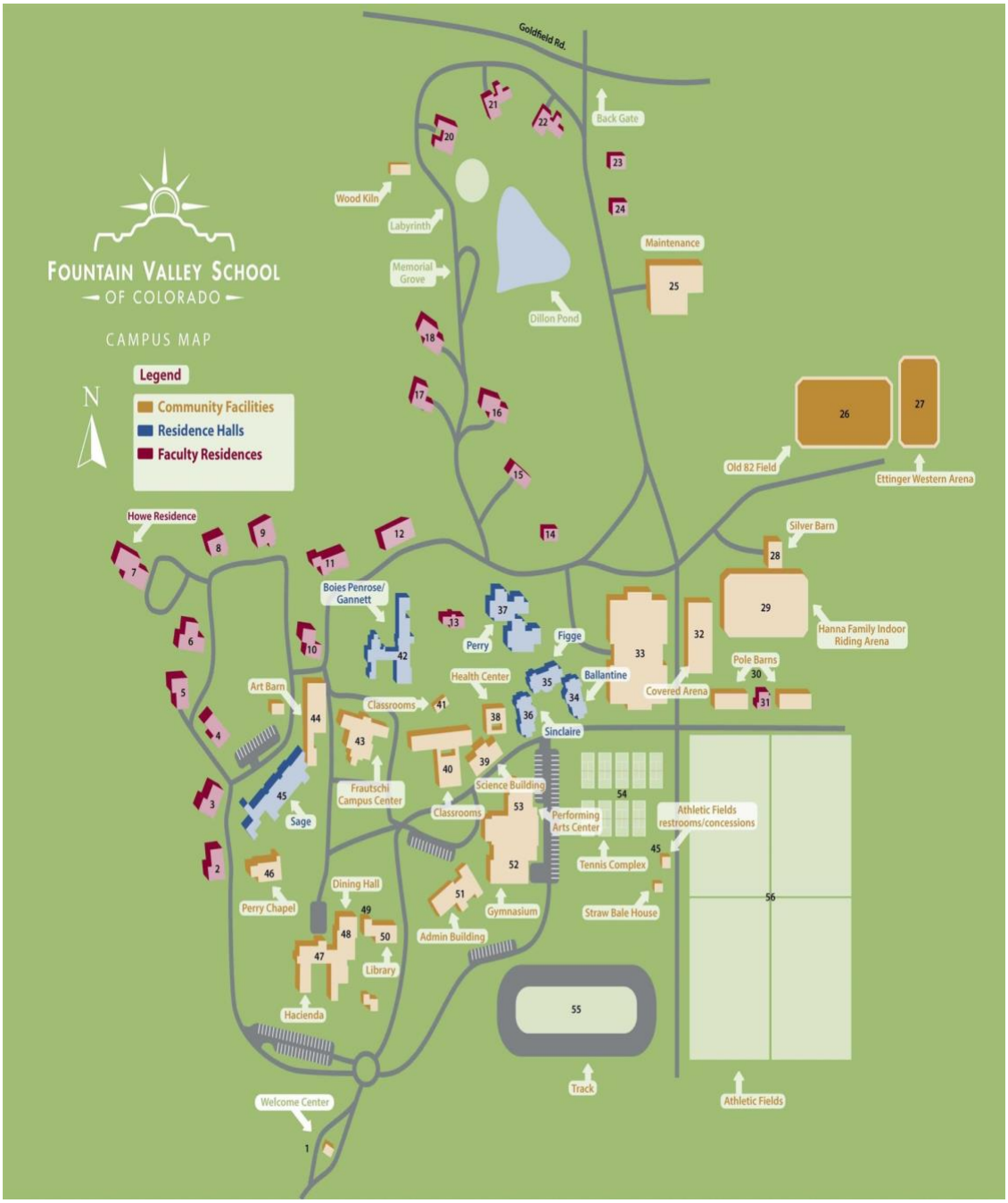
All required admissions forms completed and returned to FVS Admissions

Documents and confirmations to be sent to FVS
*these are to to sent to the Round Square Director - swalker@fvs.edu)

- Departure / arrival dates (agreed with FVS and the host family especially if the exchange student is arriving earlier than January 5th, 2020) and full itinerary including flight numbers and all timings.
- All travel documents
- Current updated passport including a valid US F1 entry visa
- Health insurance documents overing the United States for the exchange period and travel (travel insurance - optional)
- The required $500 wired to FVS (bank details above)

Students and parents have read this document and the FVS Student Handbook

CAMPUS MAP:


FOUNTAIN VALLEY SCHOOL
OF COLORADO
CAMPUS MAP
Legend
Community Facilities
Residence Halls
Faculty Residences
N
Goldfield Rd.
Back Gate
Wood Kiln
Labyrinth
Memorial Grove
Dillon Pond
Maintenance
Old 82 Field
Ettinger Western Arena
Silver Barn
Hanna Family Indoor Riding Arena
Pole Barns
Covered Arena
Howe Residence
Boies Penrose/ Gannett
Perry
Figge
Ballantine
Health Center
Art Barn
Classrooms
Sinclaire
Frautschi Campus Center
Science Building
Classrooms
Performing Arts Center
Athletic Fields restrooms/concessions
Tennis Complex
Straw Bale House
Sage
Perry Chapel
Dining Hall
Gymnasium
Admin Building
Library
Hacienda
Welcome Center
Track
Athletic Fields

STUDENT/PARENT ACKNOWLEDGEMENT

I, _____ (parent, guardian signature) have read and understood the information above. I acknowledge and accept the responsibilities in full.

I, _____ (parent, guardian signature) have read and understood the information above. I acknowledge and accept the responsibilities in full.

I, _____ (student signature) have read and understood the information above. I acknowledge and accept the responsibilities in full.