



RESIDENCE LIFE **EXPLORE**

YOUR DORM STARTER GUIDE

2025-26

TABLE OF CONTENTS

Welcome Message	03
Vision and Mission	04
The Dorm Team	05
Things You Need to Know	06
Weekly Schedule	07
Your Dorm Room	08
Helpful Policies and Procedures	09
• Breaks and Holidays	09
• Cars on Campus	09
• Checking In and Out	10
• Device Storage	10
• Discipline	11
• Rule Violations	11
• Dorm Chores	11
• Dorm Meetings	12
• Dorm Move Out	12
• Dorm Keys	12
• Laundry	12
• Lights Out - Bedtime	13
• Meals - Food	13
• Medical and Health	15
• Overnight Off Campus	16
• Passports and Travel Docs	16
• Pets	16
• Returning to the Dorm	17
• Room Inspections	17
• Safety	18
• Fire and Tornado Drills	19
• Study Hours	19
• Teacher Reports	19
• Tobacco and Alcohol	20
• Transportation	20
• Valuables	20
• Visitors on Campus	20
• Weekend Activities	21
Contact Information	22

WELCOME

It's our pleasure to introduce you to your award-winning boarding dorm and share with you the important guidelines and expectations that will help maximize your enjoyment, safety, and helpful contribution to dorm life.



DR. DAVID POHLMAN
Director of Residence Life

The Maharishi School Residential Life program is committed to providing a positive living environment in which all students are offered opportunities and experiences that promote academic success and individual achievement, as well as self-reliance, social responsibility, and a respect for diversity.

This year we launch our new Residence Life Curriculum-- our program to develop your skills in these five areas: self-awareness, self-management, social awareness, healthy relationships, and responsible decision-making. Your dorm is a great place to practice these skills-- but don't worry, we'll make it fun!

Always feel free to contact us with any questions or concerns. Our Residence Life staff is here to support and guide parents and students for the very best Maharishi School experience. We are proud to be a culturally diverse, inclusive, and welcoming school and dorm and we are very pleased to have you join us.

National Rankings

TOP 1% PRIVATE K-12 SCHOOLS
TOP 2% PRIVATE HIGH SCHOOLS
TOP 4% HIGH SCHOOLS FOR STEM
TOP 4% COLLEGE PREP PRIVATE H.S.
TOP 4% MOST DIVERSE PRIVATE H.S.
TOP 7% BOARDING SCHOOLS



Iowa Rankings

#1 K-12 PRIVATE SCHOOL
#1 PRIVATE HIGH SCHOOL
#1 STEM HIGH SCHOOL
#1 COLLEGE PREP PRIVATE H.S.
#1 MOST DIVERSE PRIVATE H.S.
#1 BOARDING SCHOOL

THE DORM TEAM



Dr. David Pohlman
Director of Residence Life



Pradeep Aikar
Staff



Michelle Paton
Director of Enrollment
Management



Dr. Lynwood King
Staff



Maria Maguina
Staff



Roji Lockhe
Staff



Laxmi Masson
Chef

VISION + MISSION

VISION

All our handbook guidelines are designed to support the goal of the dorm:

To learn and grow together, make lifelong friends, excel in our academic work and extracurriculars, be healthy and happy, and have fun!

MISSION

And to help fulfill the mission of our school:

To create an innovative Consciousness-based educational environment where students think deeply and become creative, compassionate, contributing citizens of the world.

You'll see these inspiring words displayed in our dorm entrance as reminders of our purpose and responsibility to each other.



THINGS YOU NEED TO KNOW

These pages cover the basics to get you started as an informed dorm resident. While this handbook aims to provide the most current and helpful information, we know that dorm life is dynamic and sometimes we must adapt our policies and procedures to better serve students and uphold a harmonious and orderly living environment.

So, we may revise our guidelines during the school year and, sometimes, Residential Life staff may need to make timely decisions that expand on the guidelines here but are in the best interest of students, staff, and the school.

We reserve the right to change and adapt our rules, but we will always let you know if this happens.



Phuong Nyugen
12th grader from Vietnam

01. Weekly Schedule

Monday through Thursday

- 7:30 am Self-serve breakfast (optional)
- 8:05 am Leave for school - Dorm closes
- 8:15 am Morning classes begin
- 12:15 pm School lunch
- 1:00 pm Afternoon classes
- 4:15 pm Return from school - Dorm opens
- 6:00 pm Dinner with Chef
- 7:30 pm Study Hours
- 10:00 pm Device lock-up (phones, laptops, tablets, etc)
- 10:30 pm Bedtime / Lights Out

Friday Schedule

- 7:30 am Self-serve breakfast (optional)
- 8:05 am Leave for school - Dorm closes
- 8:15 am Morning classes begin
- 12:15 pm School lunch
- 1:00 pm Afternoon classes
- 4:15 pm Return from school - Dorm opens
- 6:00 pm Self-determined dinner (meal money)
- 11:30 pm Device lock-up
- 12:00 am Bedtime / Lights Out

Saturday Schedule

- 11:45 am Catered lunch
- 6:00 pm Self-determined dinner
- 11:30 pm Device lock-up
- 12:00 am Bedtime / Lights Out

Sunday Schedule

- 11:45 am Catered lunch
- 6:00 pm Dinner with Chef
- 7:00 pm Dorm Meeting (required)
- 7:30 pm Study Hours
- 10:00 pm Device lock-up
- 10:30 pm Bedtime / Lights Out

02. Your Dorm Room

Most of Maharishi School's rooms are designed for double occupancy. Sharing a room in a dorm of peers enhances your development of life skills and independence. Student rooms quickly become home. Students will receive roommate assignments when they arrive.

Blinds are provided in all of the windows. Each room has two twin beds (size: 36" x 80"). Standard twin sheet sets fit dorm beds. All rooms have a closet and shelves, desks, and chairs. Wireless internet access is provided. All students should have their own laptop computer.

Below is a list to help you as you pack and prepare for your time at Maharishi School. Don't worry if you don't have something. There will be plenty of time to shop once you arrive.

Stuff you'll need

- Standard twin sheets, pillow, blankets and comforter
- Basic school supplies
- Plastic bucket or tray for shampoo, soap, toothpaste and other toiletries
- Flip flops, a robe, towels and washcloths
- Laundry bag
- Umbrella
- USA cell phone with reliable local carrier (recommend compatibility with Verizon or T-Mobile or US Cellular)

Stuff you don't need but might want

- Pictures from home
- Posters
- Under-the-bed storage boxes
- Power strip (not extension cords)
- Covered plastic bin for snacks

Stuff not allowed in dorm rooms

- Candles, matches, lighters or incense
- Any cooking device: including microwaves, toasters/ovens, cookers, coffee pots, electric tea kettles, popcorn poppers, rice cookers, hot plates, coffee makers, or space heaters
- Firearms or weapons

03. Helpful Policies and Procedures

Breaks and Holiday Schedule

The dorm opens for residency on August 13, 2025. The dorm remains open through the entire school year, except for Winter Break. Students should plan for travel during the Winter Break. The dorm will close on June 2, 2026, for summer break. All students should depart campus no later than that close date.

During the Thanksgiving Break, Winter Break, and/or Spring Break, students can make arrangements to stay with family members or family friends, with written permission from their parents. Plans must be submitted one week in advance and approved by the Residence Life staff before students make travel arrangements. Prior to the vacation, the Residential Life staff will verify students' plans as necessary. If safety conditions warrant restricting travel plans, students will be expected to stay on campus throughout the break.

For academic reasons, students are not permitted to leave school early or return late from any vacation or long weekend except for reasons of paramount importance (sickness and death in family are valid reasons; convenience of travel and appointments are not valid reasons).

Cars on Campus

Dorm students are not allowed to have cars on campus. Dorm students are also not allowed to ride in cars driven by minors, including Maharishi School classmates, or with any adult unless approved by the Residence Life staff and with a written waiver from parents or guardians.

Checking Out (mornings) & Checking In (afternoons) on School Days

Students must check out with the on-duty Residence Life staff each weekday morning before leaving for school, no later than 8:05 am. After school, students must check in with on-duty staff by 4:20 pm.

Checking Out & Checking In for All Other Occasions

Students must obtain permission from the on-duty Residence Life staff and sign the Check Out Log each time they wish to leave the dorm for any reason. Students must check back in with the staff and sign the Log again upon return to the dorm. Signing in and out must be done in person with the Residence Life staff.

Extending or Changing Plans While Out

If students want to change their plans while out of the dorm, they must contact the Residential Life staff to obtain permission. The Residential Life staff member will inquire about the situation.

Device Collection and Storage

Students are required to turn in all electronic devices such as cell phones, laptops, tablets, etc. to a designated storage area thirty minutes before Lights Out each evening. This locked storage area will not be accessible during the overnight hours and will reopen in the early morning. Students are responsible for collecting their own devices each morning. Staff may grant permission to keep a device in special circumstances. Failure to submit a device in the evening may result in confiscation by Residence Life staff.

At the beginning of the school year, students will “declare” what devices they own and sign an agreement regarding the device policy. Any new devices obtained during the school year need to be registered with Residence Life staff and submitted to storage each evening.

Discipline

Rules and regulations of the Residential Life program have been designed to create a place where everyone in the boarding community can be healthy, happy, and safe. All students are expected to abide by all rules and expectations of the dorm as well as the school.

Violations may result in loss of privileges or other consequences, in consultation with the Residence Life staff and, in serious cases, the school administration.

Rule Violations

Rule violations include but are not limited to the following. Please refer to the Parent Student Handbook as well as this guide.

- Late or failure to check in or out with on-duty staff
- Up past Lights Out
- Failure to submit devices for evening storage
- Violations of school honor code for example, (lying, stealing, cheating)
- Disrespect to a fellow student or staff/faculty member or bullying
- Possession or use of alcohol, drugs, or other banned substances
- Leaving campus without approved consent from Residential Life staff
- Being in someone else's room during off hours
- Damage to school or other individual's property
- Multiple rule violations

Dorm Chores

All students are responsible for maintaining a clean dorm room and cleaning up after themselves in common areas such as the bathroom or kitchen. In addition, students will have occasional chore assignments completed with an assigned partner. These chores last for one week, but students may receive extended time if the quality of work is not satisfactory.

Dorm Meetings

These meetings are an important aspect of dorm life and attendance is mandatory. These meetings give us a chance to discuss dorm issues of any kind, share announcements, and build our sense of community. There will be a dorm meeting every Sunday evening at 7:00 pm and whenever necessary. Students are expected to plan ahead for nights when there are dorm meetings, as extra study time will not be granted. Dorm students will elect 2 members to participate in the Maharishi School Student Council to represent dorm issues.

Dorm Move-Out

Before a student departs, a Residential Life staff member will conduct a formal inspection of his/her dorm room. Students are responsible for taking all belongings with them. A \$500 deposit will be required to defray any fees related to damages or cleaning required based upon the room inspection.

If a student must leave unexpectedly, for any reason other than expulsion, the school will pack and ship belongings to a designated address indicated by the family of the student. If no address is provided within 14 days of departure, the school will dispose or donate the items.

Keys to the Dorm

Boarding students are issued keys to the dormitory, and should never share those keys with others. Lost keys will be replaced following a \$25 fine. All keys will be collected before students move out of the dormitory in June.

Laundry

It is the students' responsibility to see that their personal laundry is done on a regular basis. The dorm is equipped with washing and drying machines for student use, free of charge. Students are not permitted to use the laundering facilities after Lights Out.

Lights Out - Bedtime

To stay rested and healthy, students are required to be in their rooms with all lights off at the designated time each evening. All bedtime preparations must be completed before Lights Out.

- Lights Out on school nights (Sunday through Thursday) is 10:30 pm.
- Friday and Saturday Lights Out is 12:00 am.
- Lights Out on holidays will be set by the Residence Life staff.

Meals - Food

Maharishi School believes that good health and a good diet is important for learning.

Our school cafeteria offers an organic, vegetarian lunch on school days.

Dorm dinners and weekend meals are provided by our Chef, local caterers, and restaurants. Meat options include poultry and seafood only. Students are also given a weekly cash allowance to purchase their own Friday and Saturday dinners at a local restaurant of their choice.

If you have vegan or other dietary restrictions, please let us know before you arrive so we can do the planning required to accommodate your needs.

Students are expected to dress cleanly and neatly for all meals. Pajamas, robes, towels, or underwear are not acceptable outer attire for the dining or common area. Students are expected to behave appropriately in the Dining Room.

Breakfast:

Hot and cold food will be available as a self-serve option in the dorm.

Lunch: Students will be provided easy entry to the school cafeteria during the week. Saturday and Sunday lunches are catered at the dorm.

Dinner: Hot meals made by our Chef will be offered Sunday through Thursday evening. Students receive a cash allocation for Friday and Saturday dinners.

Students may use the dorm kitchen for cooking using approved appliances and during approved times. No cooking is allowed during Study Hours. Also, students are not allowed to use cooking oils or to prepare and cook raw meat as this can create issues with keeping the kitchen sanitary and safe.

Students may use the Student Fridge in the kitchen for a few personal items. These items must be labelled with the student name and properly sealed to ensure freshness and avoid mess.

Dinner Requests

Students unable to attend meals because of athletics, rehearsals, and other events should check in with a member of the Residential Life staff in advance who will save them a meal.

Snacks

Students may have snack items such as crackers, cookies, or candy in their rooms, but all food must be kept in tightly sealed containers. Improperly stored food will be removed without notice. Students may not eat meals in their room unless they receive permission. Cooking of any kind is not allowed in rooms.

Food Delivery

Students have several options for food delivery to the dorms. While food delivery is allowed, students must plan so that food does not arrive during Study Hours or after Lights Out.

Tipping is customary and should be practiced regularly (10% minimum). Delivered meals must be eaten in the dorm dining room and not in the student's room.

Language Etiquette

The dorm dining room and common area are a Common Language Area. This means students are encouraged to speak the common language shared by all residents (English) when having a meal or using the area for any purpose. This courtesy prevents others from feeling excluded and offers additional language practice. This common language expectation extends to school vehicles as well.

Dining Table Device Use

No cell phones, laptops, tablets, headphones, etc. can be used while at the dining table during Chef meals, Sunday through Thursday evenings. This rule also applies to occasions where everyone in the dorm dines out at a restaurant together. We view the dining table as a place to connect with staff and peers. Get to know each other!

Medical and Health

All prescription medication must be turned in to the Residential Life staff. A member of the Residential Life staff will be responsible for distributing prescription medication as needed in consultation with the student's parents and medical practitioner. All over-the-counter medications (e.g., Tylenol and Advil) and dietary/athletic supplements must first be cleared with the Residential Life staff.

Each dorm student will have one session with the school's mental health professional early in the school year to address any concerns or needs. Additional sessions can be scheduled if needed or requested by the student. Student mental health concerns should be immediately reported to the Residential Life staff.

Overnight visits off campus

During the school year, a student requesting to travel and stay anywhere overnight with an approved adult host or chaperone must complete the following:

- Submit an Overnight Visit Request Form to Residential Life staff no later than seven days before departure.
- The student's parent or legal guardian must submit to the Director of Residence Life a statement, via email, giving the student permission no later than five days before departure.
- The adult host or chaperone must also submit to the Director of Residence Life a statement, via email, that confirms the arrangements no later than three days before departure.
- It will be the responsibility of the student to check with the Director of Residence Life to confirm all permission and communication requirements have been satisfied and the travel is school approved.

The Director of Residence Life, in consultation with school leadership, maintains the right to deny an overnight trip if requirements have not been satisfied.

Passports and Travel Documents

Passports, I-20, and important travel documents will be collected by Director of Residence Life for safekeeping. Students will sign for these documents when needed for identification purposes, such as taking the SAT and/or ACT, or traveling by plane.

Pets

Pets are not permitted in the dorm rooms.

Returning to the dorm during the day

During the week, the dorm is closed during school hours: 8:15 am - 4:15 pm. If a student needs to return to the dorm for a compelling reason during school hours, he/she must first obtain permission from a member of the Residential Life staff. A member of the Residential Life staff will open the locked secondary dorm door for the student.

Room inspections and dorm care

Students are responsible for helping to maintain the space in which they live, including their dorm room and common areas.

Posters and other decorations must be hung with removable adhesive strips. In addition, heating units must not be blocked by furniture or any other items, and a clear path to heating units must be present for maintenance access.

Residence Life staff will conduct periodic room inspections to assess cleanliness, policy compliance, and overall room condition.

Students will be held financially responsible for any physical damage to their dorm room or school-owned furniture. Graffiti is prohibited on any dorm surface.

Students are not allowed to eat meals in their room or keep dorm kitchen items in their room such as mugs, bowls, plates, etc. Students may be fined for possession of dorm kitchen items in their rooms.

Room Searches

Maharishi School reserves the right to perform unannounced room searches and confiscate items that are unsanitary, prohibited, illegal, or may pose a threat to the students, faculty, and staff of the School.

Roommate/Room Changes

An important aspect of living in a boarding dorm is learning the interpersonal skills required for sharing spaces with others. If there are conflicts between roommates, the Residential Life staff will facilitate conflict resolution processes. Any room changes must be approved by the Residential Life staff. Students are not allowed to stay overnight in any room except their own.

Room Visitations

Students are expected to respect each other's room and private spaces. To that end, students may not enter others' rooms without their permission. An unlocked or open door is not an invitation to enter.

Students may not visit other student rooms during Study Hours or after Lights Out. When visiting during approved hours and with permission, room doors must be left open.

Boys must receive permission from the on-duty supervisor to enter the Girls wing for any purpose. Girls must receive permission from the on-duty supervisor to enter the Boys wing for any purpose.

Safety

Due to student safety and fire department regulations, the following items may not be used or stored in the dorms or on campus:

- Heat producing items, such as candles, incense burners, heating pads, electric blankets
- Knives and blades of any kind
- Extension cords (power strips are acceptable)
- Cooking devices such as hot pots and tea kettles are allowed in the dorm dining room only.

Fire, tornado, and lockdown drills

Fire, tornado, and intruder drills will be conducted on a regular basis at School and in the dorm throughout the school year. Tampering with and/or misuse of a fire alarm, security camera, sprinkler head, fire extinguisher, smoke detector, or any other fire safety equipment is strictly prohibited and will result in major disciplinary action, as well as financial responsibility.

Fire escape doors are to be used only in the event of an emergency.

Hair dryers, straightening/curling irons, irons, and other appliances that conduct heat must be unplugged after use.

Furniture may not be arranged in a way that blocks swift exit from the room, including doors and windows. Doorways must remain clear of obstruction.

Study hours

Study Hours are from 7:30 pm to 10:00 pm, Sunday – Thursday.

During Study Hours, rooms, hallways, and bathrooms must remain quiet. The use of cell phones, watching TV, emailing, playing computer games, and socializing are not permitted until homework is complete. Students are permitted to study in their dorm rooms. However, any student who needs academic support may be required to attend a supervised Study Hall.

Teacher reports and parent updates

Parents may review their student's academic progress by using our RenWeb Parent portal: Maharishi School Parent portal.

The Enrollment Director and Director of Residence Life may schedule periodic Zoom meetings for parents to offer updates and a forum for Q&A.

Tobacco, alcohol, and other controlled substances

The possession and/or use of tobacco products (including cigarettes, chewing tobacco, e-cigarettes, dipping tobacco, any vaping devices), drugs, and alcohol are strictly prohibited on the campus of Maharishi School. For full details, please see the appropriate section of the Student-Parent Handbook.

Transportation

Residence Life staff will provide transportation within town to meet the reasonable needs of the boarding students. If out-of-town transportation is needed for personal travel, the Residential Life staff will facilitate rides at the family's expense.

Valuables

To secure personal belongings and valuables, students are expected to lock their room doors during the school day and overnight. Residence Life staff can collect valuables for safekeeping if requested. This includes large sums of cash and/or expensive jewelry used for special occasions.

Boarding students are strongly discouraged from keeping large amounts of cash or valuables in their possession or in their dorm rooms. Students should not bring family heirlooms, expensive jewelry, or any precious items to school. The school does not assume responsibility for the loss of these items.

Visitors on campus

Other Maharishi School students are welcome to visit the dorm at the invitation of a boarding student. Any guest must submit required information on the Visitor Log located in the dorm central entry and also check in with the on-duty Residence Life staff. Guests must sign out on the Log and with staff when leaving. Guests are expected to follow all dorm rules while visiting.

Visitors must leave the dorm by the start of Study Hours (7:30 pm), Sunday - Thursday, and 11:00 pm on Friday and Saturday nights.

Weekend activities

A rich variety of social and cultural activities, on and off campus, are offered throughout the year at Maharishi School. We provide free tickets. We also host game nights, movie nights, and festive holiday parties and birthdays in the dorm. Ideas for weekend activities are always welcomed.

While participation is not required for every activity or outing, certain events will be required for all dorm students. These required events will be announced in advance and the dorm will “close” to facilitate everyone’s participation.

Ben from
China



Pranit from
India



Kostia from
Ukraine

CONTACT INFORMATION

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WELCOME