



BCC STUDENT'S HEALTH & WELLBEING POLICY

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SUMMARY:

Bournemouth City College (BCC) takes health and wellbeing of its students very seriously. Mental wellbeing and mental health is a state when individual realises its own abilities to cope with normal stresses of life. BCC aims to promote and to maintain of mental wealth, health and wellbeing of all students, positively promote the health and wellbeing of all students using accessible information and support, and allow participate students in health and wellbeing initiatives and programmes.

This document includes:

- 1) *BCC students wellbeing policy in general***
- 2) *BCC Procedures***
- 3) *Drug, Alcohol***
- 4) *Self-harm and mental health***
- 5) *Stress***
- 6) *Eating disorders***
- 7) *Health eating***
- 8) *Smoking***
- 9) *Physical Exercise***

BCC staff must follow the procedures and steps set out in this document to ensure that consistency is followed by all members of BCC.

This policy is reviewed and amended due to business needs and requirements on a regular basis.

Policy created by:	Policy created:	Last Reviewed:	Last Reviewed:	Last Reviewed:
Turcekova	July 2019	July 2020	July 2021	

BCC STUDENTS WELLBEING POLICY IN GENERAL

Mental health and wellbeing are associated with many of the leading causes of different diseases and disability in our society. The purpose of this policy is to maximise the mental, social and physical wellbeing of all BCC students through promotion of a safe and healthy environment in which teaching and learning take place. BCC is committed to:

- *To promote student health and wellbeing through policies, support, information networks and regular health campaigns*
- *To prevent physical and mental health and wellbeing*
- *To support any student with mental problems*

BCC PROCEDURES

The BCC recognises its responsibility to promote an emphasis toward good physical and mental health and wellbeing and therefore it aims to:

- 1) promote good practice in both physical and mental health and wellbeing activities
- 2) provide training for key staff to enable them to implement the health and well-being policy
- 3) take advantage of training and information external sources providers
- 4) recognise the limits of what key staff can do and seek advice at the earliest opportunities
- 5) provide confidential counselling for students whose wellbeing is affected by either school work or external factors
- 6) promote healthy eating habits, alcohol awareness, exercise

DRUG, ALCOHOL

BCC has zero tolerance on drugs and alcohol or any other substances related to them. Drug or alcohol problems are very serious. If BCC believes that any student may have used any drugs or is under influence of them, BCC will start disciplinary process with student as well as a criminal offence. BCC sets up some rules:

- 1) no student should attend classroom under any drug or alcohol influence, with exception of drugs, which are prescribed for medical purposes (*this has to be recorded and advised by student at the arrival or when this situation occurs and should be only on temporarily basis.*)
- 2) If there is a reasonable belief that student is under influence of drugs or alcohol, BCC will raise student's awareness and start disciplinary process with student
- 3) BCC will provide a guidance on alcohol and drug related issues in order to help students ' awareness, their legal, personal and social responsibilities to this matter.
- 4) BCC will provide students with professional help (if required) for those with alcohol and drug related problems.
- 5) BCC has zero tolerance to any verbal or physical abuse towards any other students, or member of BCC staff, caused by drug or alcohol influenced behaviour as well as a criminal offence.

SELF-HARM AND MENTAL HEALTH

The mental health problems affect the individual's ability to balance her/his life. The mental health problems can range from stress and anxiety to serious mental conditions, which could be diagnosed and treated by the professional health services. Any members of staff can identify students with concerns such as:

- **Stress / anxiety attack**
- **Depression**
- **Eating disorder**
- **Changes in behaviour**

BCC policy is created to support students with these problems and offer range of additional services and support, which may help such as: counselling in the BCC, counselling by external organisations or visit a local GP.

BCC will raise awareness of self-harm and concerns should be referred to classroom teacher on the first instance or wellbeing person or Managing Director. Tutorial sessions should be the first instance to consult with any problems related to self-harm concerns.

STRESS

Stress is very common mental problem and very often underestimated one. It is part of natural life cycle, however, when the physiological changes continue for a prolonged period could effect and become more serious. Stress overall can be caused by a wide variety of factors and the effects of possible sources of stress will effect each student differently. Stress could be caused by the external or internal factors, or sometimes even a combination of both. People are different and react differently to work pressures, deadlines or workload. BCC will aim to:

- All staff will be aware of stress and its effects on individual, in order to provide support and assess student's situation
- All staff will have support to advise on external counselling bodies and organization

BCC will make sure that:

- Students have access to the BCC wellbeing person in order to assist them on the first level of contact
- Students are aware of stress symptoms and are able to look for a help
- Students are completing the tutorial sessions, as a part of monitoring progress for student wellbeing
- If there is a situation occurs, where the stress pressure on students is recognizable, there is enough support from the BCC in order to assist them

EATING DISORDERS

BCC is aware of situation, where the students would like to change the shapes or weight, particularly in early years, however the major changes with adult students, could be sign of an eating disorder. BCC staffs have to be aware of following:

- Students may suffer from other conditions, which could lead to weight lost
- Students may fast for religious reasons

Any signs of weight loss, should be discussed on tutorial sessions on the first place and followed to Managing Director accordingly.

HEALTHY EATING

BCC as a modern school should promote healthy eating habits for all students and employees as a part of overall wellbeing.

BCC provide place at school, where students could have hot and cold drinks, heat the food or provide a map with the local shops and restaurant, where the food can be bought. BCC encourages students to eat regularly and choose a different choice of food with assist students to healthy eating habits.

SMOKING

BCC aims to offer and develop a non-smoking culture, but understand that some students are smokers. BCC provides a designated smoking areas outside the BCC school. Smoking is an addiction and BCC aims to provide a supportive environment for students and employees for those who wish to stop.

BCC will advise students on external helpline which is available, advice and counselling can be obtained from GP, occupational health providers or local NHS advisers.

BCC will also as a part of wellbeing run “Smoking awareness events” to raise awareness of this addiction.

PHYSICAL EXERCISE

BCC promotes regular physical exercises for all students as a part of general health and wellbeing.

BCC gives student opportunity to exercise during the working week, in participation of different sport activities, highlighted in monthly activity programmes. Opportunities for external sport activities are available with local providers and clubs. Opportunities will be made available to students to participate throughout the special events.