



BCC STUDENT'S HEALTH & WELL-BEING POLICY

Accredited by the
 **BRITISH
COUNCIL**
for the teaching
of English in the UK



Bournemouth City College

Victoria Chambers, 27 Fir Vale Road, Bournemouth, BH1 2JN, UK

Tel: 0044-1202 553 876 Mobile: 0044-7879 466983

Email: info@bournemouthcitycollege.com

Bournemouth City College Ltd. is registered in England and Wales. Registration No: 6304701

SUMMARY:

Bournemouth City College (BCC) takes the health and well-being of its students very seriously. Good and well-being mental health are states when an individual is aware of his/her own abilities to cope with the normal stresses of life. BCC aims to promote and to maintain the mental and well-being of all students and positively these in all students using accessible information and support, and allow students to participate in health and well-being initiatives and programmes.

This document includes:

- 1) *BCC students well-being policy in general*
- 2) *BCC Procedures*
- 3) *Drugs and Alcohol*
- 4) *Self-harm and mental health*
- 5) *Stress*
- 6) *Eating disorders*
- 7) *Healthy eating*
- 8) *Smoking*
- 9) *Physical Exercise*

BCC staff must follow the procedures and steps set out in this document to ensure that a 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	July 2022

BCC STUDENTS WELL-BEING POLICY IN GENERAL

Mental health and well-being 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 well-being of all BCC students through promotion of a safe and healthy environment in which teaching and learning take place. BCC is committed to:

- ***Promoting Student Health and Well-Being through Policies, Support, Information Networks and Regular Health Campaigns.***
- ***Preventing Physical and Mental Health and Well-Being.***
- ***Supporting Any Student with Mental Problems.***

BCC PROCEDURES

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

1. Promote good practice in both physical and mental health and well-being 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 from external sources providers.
4. Recognise the limits of what key staff can do and seek advice at the earliest opportunity.
5. Provide confidential counselling for students whose well-being is affected by either school work or external factors.
6. Promote healthy eating habits, alcohol awareness, and exercise.

DRUGS and 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 the influence of them, BCC will start a disciplinary process with the student.

BCC has set up some rules:

1. No student should attend the classroom under any drug or alcohol influence, with the exception of drugs which are prescribed for medical purposes (*this has to be recorded*)

by the student on arrival or when this situation occurs and should be only on a temporarily basis).

2. If there is a reasonable belief that a student is under the influence of drugs or alcohol, bcc will raise the student's awareness and start a disciplinary process with the said student.
3. Bcc will provide guidance on alcohol and drug related issues in order to help students' awareness along with their legal, personal and social responsibilities concerning 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 on any verbal or physical abuse towards any other students, or member of bcc staff, caused by drug or alcohol influenced behaviour.

SELF-HARM AND MENTAL HEALTH

Mental health problems affect the individual's ability to balance his/her life. Mental health problems can range from stress and anxiety to serious mental conditions which could be diagnosed and treated by the professional health services. Members of staff should 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 a range of additional services and support, which may help such as: counselling in BCC, counselling by external organisations or visiting a local GP.

BCC will raise awareness of self-harm and concerns should be referred to the classroom teacher in the first instance or the person responsible for well-being or the Managing Director. Tutorial sessions should be the first instance to consult about any problems related to self-harm concerns.

STRESS

Stress is a very common mental problem and a very often underestimated one. Stress, overall, can be caused by a wide variety of factors and the effects of possible sources of stress will affect each student

differently. Stress could be caused by 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 make sure that:

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

BCC will make sure that:

- Students have access to the member of staff at BCC responsible for the well-being in order to assist them at 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 well-being.
- If a situation occurs where the pressure of stress on students is recognizable, there will be enough support from the BCC in order to assist them.

EATING DISORDERS

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

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

Any signs of weight loss should be discussed in tutorial sessions in the first place and followed up by the 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 well-being.

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

SMOKING

BCC aims to offer and develop a non-smoking culture, but understands that some students are smokers. BCC provides a designated smoking area 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 inform students about an external helpline which is available, as well as advice and counselling which can be obtained from a GP and occupational health providers or local NHS advisers.

BCC will also encourage as a part of well-being through “Smoking awareness events”.

PHYSICAL EXERCISE

BCC promotes regular physical exercise for all students as a part of general health and well-being.

BCC gives students an opportunity to exercise during the working week, and to participate in different sports activities, highlighted in monthly activity programmes. Opportunities for external sports activities are available through local providers and clubs. Opportunities will be made available to students to participate in special events.