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Student Health and Wellbeing Policy	LS033	1	
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LEAD PERSON	Director of Student Services		
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# STUDENT HEALTH AND WELLBEING POLICY

## Policy Statement

Activate Learning aims to create a safe and caring environment where the physical, mental and emotional health and wellbeing of staff and students are a priority. Our Learning Philosophy focuses on the importance of emotions in the learning process.

Our approach is to enable all our students to become responsible adults and to maintain and improve their own health and wellbeing and learn how to achieve a good work-life balance. We do this through the main curriculum, the tutorial curriculum and extra-curricular activities and events.

We recognise that sometimes students face difficulties and challenges while at college which impact on their health and wellbeing and therefore on their chances of success and progression. We respond to these situations in a responsive and sensitive way with the needs of the student at the heart of the process.

Being active in supporting health and wellbeing, is a key element in the achievement of academic performance and strengthening our wider college communities.

## Purpose

The purpose of this policy is to maximise the physical, mental and social wellbeing of all students and to promote a safe and healthy environment where teaching and learning can take place.

## Scope

This policy applies to the health and wellbeing of all students enrolled at, attending or residing in accommodation at an Activate Learning College. This also includes Activate Apprenticeships and may also include students in the application or transition phase prior to attending college, where they are in contact with Activate Learning staff.

## Responsibilities

As members of Activate Learning, we are all responsible for:

- Being mindful of the health and wellbeing of students, looking for opportunities to encourage them to develop healthy habits
- Providing and maintaining a safe learning environment for students
- Ensuring students know who to talk to if they need support or welfare information
- Informing a safeguarding team member if any student is at risk of, or has experienced harm

Teachers and tutors (coaches) are responsible for:

- Looking for opportunities in their teaching and coaching activities to address health, wellbeing and work-life balance
- Providing personal support to students and for referring students to Student Services for extra support if they have concerns

The Designated/Deputy Designated Safeguarding Leads are responsible for:

- Reacting to student concerns and referring to additional internal or external agency support where necessary
- Providing safeguarding and optional additional training to all staff to better support students

- accessing their courses
- Providing advice and guidance for students, parents and staff around specific and general health and wellbeing concerns

Group Student Services are responsible for:

- Delivering a range of health and wellbeing related events throughout the year to educate and provide opportunities to access additional support
- Providing additional pastoral support to enable those struggling with their health and wellbeing to remove barriers to learning
- Ensuring that students with disabilities and medical conditions get the adaptations, adjustments and support they need to maintain their wellness.

## Commitment Statement

### Equality, Diversity and Inclusion

We are committed to the accessibility of the Health and Wellbeing curriculum, support and events and enrichment programme that represents the students and all nine protected characteristic groups at each of our colleges.

### Tutorial Personal Development - The Wellness Curriculum

All full-time learners to have a minimum of one hour every week to receive information outside of their academic studies. The tutorial content will support development of students by:

- Delivering an online wellness curriculum which covers eight dimensions of wellness: Physical, intellectual, emotional, social, spiritual, environmental, financial and occupational
- Emphasising responsible engagement with others in a variety of contexts, such as with peers, trainees in work placements and as active citizens. It includes personal and social skills
- Supporting students to understand how to better manage and understand their behaviour and how it impacts on others, increasing tolerance and respect in the communities our colleges are situated
- Looking after any student and their own welfare, keeping everyone safe from all forms of bullying and harassment, including cyberbullying. This includes how well learners know how to protect themselves and where they can report or get support should they become a victim or witness any incident that impacts their wellbeing
- Providing a personal tutor for every student to provide individual support and route the student to Student Services where support with wellness appropriate.

### Counselling

All students have access to on-site counselling services, running in accordance with the British Association of Counselling Practitioners' standards:

- Activate Learning counsellors inform all students of the service standards prior to offering post-assessment appointments
- The counselling service operates with a high level of confidentiality; though matters of a criminal or safeguarding nature will be supported in line with the Safeguarding Policy and procedures

### Medical Needs and Accessibility

Every student requiring additional support to safely study and access their course of study will be offered a support meeting prior to enrolment to put in place:

- Personal risk assessments to safely manage any concerns for a student's welfare
- A personal emergency evacuation plan (PEEP) for those needing assistance in the event of an evacuation of the building
- Safe storage of any medication that cannot be self-administered or may cause hazard to other individuals if misplaced

### Drug, Alcohol and Substance Misuse

A zero-tolerance policy is in place for students who choose to bring in, consume or attend college under the influence of illegal substances or alcohol. However, there are many occasions where the reasons for these actions are due to challenging personal circumstances or addiction. Alongside disciplinary processes, Activate Learning will:

- Offer support networks for students to continue to maintain their health and wellbeing

- Encourage referrals to counselling and/or medical support
- Refer students, with consent, to supporting agencies and charities, such as Talk to Frank, talking therapies, or their GP.

### **Fitness to Study and Reside**

To keep students safe and well at college and in residential accommodation, staff must be assured that all students can study/reside without posing too great a risk to themselves or others by:

- Setting up and holding fitness to study/reside meetings with carers (for students under 18) with any external support networks such as Adult/Children's mental health teams. Carers and external support networks are invited to attend with consent from the student.
- Implementing personal risk assessments to manage concerns, where students remain at college

### **Mental Wellness**

We recognise that for many of our students the college years come at a stage of life where they are undergoing significant development and change, particularly around their identity and gaining a sense of independence. All of this coupled with increased pressure through social media and study workloads can cause stress. Supporting good mental health is a key element in the delivery of academic performance and developing our college communities. It is our belief that mental health is just as important as physical health.

Mental illness may be detrimental to a person as it may impact their happiness, productivity and collaboration. Additional support arrangements are put in place for poor mental health or mental illness for:

- Students who may have challenges with attending, performing or keeping motivated to stay at college during the academic year
- Students who find themselves involved in an incident at college due to their mental health
- Victims of bullying or harassment

### **References**

This policy complies with the following legislation:

- [Equality Act 2010: Guidance](#)
- [Special Needs and Disability Act 2001](#)
- [Mental Health Act in England and Wales](#)

### **Related policies and procedures**

This Policy should be read in conjunction with the following Policies and Procedures:

- [Student Behaviour and Disciplinary Policy](#)
- [Equality and Diversity Policy](#)
- [Student Mental Health Procedures](#)
- [Fitness to Study and Reside Procedure](#)
- [Counselling Procedures](#)
- Medical Needs Procedures
- Personal Risk Assessment Procedures