



# **Student Wellbeing Policy**

## **Health Body, Healthy Mind**

August 2019



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## 1.0 Introduction

- 1.1 This policy should be read in conjunction with the College Safeguarding and Child Protection Policy, the PSE and RSE Policy, the E-Safety Policy, the Anti-Bullying Policy and the Alcohol, Smoking, Substance Misuse and Sexual Relations Policy.
- 1.2 In creating this policy local and national guidance were taken into consideration:
  - British Youth Council - A Body Confident Future (2017)
  - Welsh Assembly Government - Thinking positively; Emotional health and wellbeing in schools and Early Years settings (Information Document No: 089/2010, August 2010)
  - National Children's Bureau – Partnership for Wellbeing and Mental Health in Schools; Supporting resources for School Leaders (2016)
  - National Assembly for Wales - Mind over matter; A report on the step change needed in emotional and mental health support for children and young people in wales (April 2018)
  - National Children's Bureau – Prioritising Wellbeing in Schools
  - Welsh Assembly Government – Talk to Me; The National Action Plan to Reduce Suicide and Self-Harm in Wales
  - Charlie Walker Memorial Trust – Depression; Let's Get Talking
  - Welsh Assembly Government – School-based counselling operating toolkit (March 2011)

## 2.0 Purpose of the Policy

- 2.1 The purpose of this policy is to make clear to College staff, students and parents the importance that the College places on good physical and mental health and that a whole school approach to fulfilling the aim of having a healthy College community has been adopted by the College, its senior management team and governing body.
- 2.2 This policy makes explicit the methods, initiatives and developments that the College has embraced in order to ensure that it's students and staff are healthy, happy and safe.
- 2.3 The World Health organisation's definition of health is promoted widely within the College and all pastoral initiatives, PSE and RSE curriculums and extra-curricular activities. This definition, '**Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity**' forms the core of pastoral care at Cardiff Sixth Form College.

## 3.0 Pastoral Care at Cardiff Sixth Form College

- 3.1 From the onset care of pupils is paramount at Cardiff Sixth Form College. Prior to enrolment, the College will ask that any health, medical and/or dietary requirements are outlined so that staff can make reasonable adjustments where necessary to ensure that each learner is cared for appropriately.
- 3.2 In order to ensure parity of care across the College and in line with the College Equal Opportunity Policy and Confidentiality and Information Sharing procedures,

information will be shared regarding learners on a need to know basis in order to meet health and wellbeing needs more efficiently.

- 3.3 Aside from having a medical team at the College, consisting of a fully qualified RCN nurse and two matrons, all students at the College are registered with a local General Practitioner to ensure that all their health needs whilst at College are being met appropriately. Further information on healthcare support, including healthcare plans for pupils and care of medicines can be found within the College Health Policy. Along with meeting the day-to-day health needs of pupils, the College medical team are also available to give health advice on a number of issues such as healthy eating, smoking cessation, exercise, and sleep hygiene and self-care. The team can also offer vaccination advice for pupils wishing to embark on international trips, or for seasonal communicable illnesses such as influenza.
- 3.4 The College nurse promotes contemporary issues raised by Public Health Wales and students at the College are widely encouraged to voice their opinions on healthy eating and lifestyle choices via student focus groups and College wide national and local awareness weeks and campaigns. Such campaigns are promoted not only by staff at the College, but also by student groups such as the Wellbeing Champions and are advertised to students via College assemblies.
- 3.5 Whilst pupils are supported by all College staff throughout their journey at Cardiff Sixth Form College they will be particularly supported by their individual Head of House who will offer guidance and support on all College related matters, including pastoral care, careers and academic monitoring; each student will be introduced to their Head of House on arrival during the College induction process. Each student will be placed in one of 5 houses and will stay within that house for the duration of their studies at Cardiff Sixth Form College. Students and parents alike can contact their Head of House with any questions or queries that they have and the Head of House will act as a point of contact for students with all staff including curriculum teachers and careers staff.
- 3.6 Students will meet with their Head of House once a week for designated PSE and RSE sessions and this also allows for any concerns to be vocalised by pupils, giving them an opportunity to ask for help and support. Heads of Houses also meet with their house allocations individually on a regular basis so any worries or noticeable changes in a pupil's demeanour or studentship can be addressed swiftly to promote the wellbeing of the learner.
- 3.7 In addition to this above, the College has a separate Safeguarding Team who students are made fully aware of during the College induction programme at the start of each term. The safeguarding team offer support to all students on any safeguarding concerns they have during their stay at Cardiff. Students are given full contact lists for staff and support accessible in-house, along with extensive lists of local and national contacts and support that can be sourced for a variety of health and wellbeing related issues. Students are also given information regarding the pastoral programme, along with in-depth information regarding their health, safety and security whilst at College.
- 3.8 Boarding staff at the College, supervised by the College Head of Boarding are accessible to students living in accommodation at all times and students are made aware that if they are upset, unwell or concerned about anything then they can access this support whenever they need.
- 3.9 All pastoral staff have received training in safeguarding and mental health first aid and members of the safeguarding team have gained more specialised training in addressing topics such as radicalisation, suicide and self-harm and emotional resilience.

- 3.10 The College has a Wellbeing Officer who specialises primarily in wellbeing support, addressing individual concerns of learners. The Wellbeing Officer is available to students via appointments or drop-in sessions and she also offers support workshops in a variety of physical and mental health related topic areas, all of which have proved popular to the student body. Local and national awareness days and weeks to promote positive physical, mental health and self-care are also run through the Wellbeing Officer and via the College Wellbeing Champions, who are also on hand to support students. Any students accessing the service, are given a holistic approach to support and can be referred to other services and/or make use of the College's in-house support programme via an individual Pastoral Support Plan.
- 3.11 Alongside staff that students can access for support, the College also has a buddy system, wellbeing champions and student ambassadors all of which offer student-to-student support and all have been appropriately trained on safeguarding reporting procedures at the College.
- 3.12 The College Head of Pastoral has set up a designated online support site for all students via the online learning platform, Google Classroom. As such, 'Pastoral@CSFC' is accessible to all students and up-to-date policies and procedures impacting on the student body, helplines, support leaflets and self-care worksheets are uploaded so that students can always access support either face-to-face or online.
- 3.13 The College also has an Independent Listener, details of which are advertised to the students during induction and via the student handbook and safeguarding policy and local counselling services such as Kooth and Meic, which are free for young people to access are widely advertised and promoted within the College.

#### **4.0 The PSE and RSE Curriculum**

- 4.1 All students at the College have a session a week on PSE and RSE (Physical, Social Education and Relationships and Sex Education). Full details of PSE and RSE topics can be found within the College PSE and RSE Policy. Having sessions on distinct pastoral issues such as healthy eating, healthy lifestyle choices, resilience, wellbeing; including digital wellbeing and mental health not only serves to prepare students for life outside of the College environment but gives them the opportunity to address and become more self-aware of issues that may be affecting them negatively and how to successfully address these.
- 4.2 Pastoral care and the PSE and RSE curriculum at the College aims to foster a preventative approach to pupil care and a whole College approach is adopted to promoting SMSC (Social, Moral, Spiritual and Cultural) education, with areas of this being addressed in wider parts of the College academic curriculum as well, along with whole College events such as the Cultural Event which help to reinforce these topics further.

#### **5.0 Pastoral Programmes and Initiatives**

- 5.1 The College prides itself on being a strong academic College where a large part of the focus is on academic success. There are, however, opportunities to engage in a variety of extra-curricular activities during students' time here.
- 5.2 During the year, as part of the College's Pastoral Programme, specific College activities are organised within and outside College to encourage students to socialise, communicate and enjoy a sense of participation within a community. The College recognises that

interaction in this way can increase resilience, and both physical and mental wellbeing in a positive way. The Pastoral Programme is themed and activities are chosen which relate to the corresponding monthly themes. This approach is adopted so that pupils become more aware of key wellbeing topics throughout the whole of the College as connecting links are made through College assemblies, PSE and RSE sessions and, as aforementioned the College's programme of extra-curricular activities.

- 5.3 All students are also part of a wider pastoral initiative via the CREATE© portfolio. Students at the College can obtain a Bronze, Silver or a Gold Award by engaging in five distinct areas; Community, Respect, Engage, Active, Thrive and Enrich, all of which are underpinned by articles of the UNCRC (United Nations Convention on the Rights of the Child), along with being linked to local and national wellbeing initiatives.
- 5.4 The programme forms part of what students will already naturally do at the College, but will make them more aware of the importance in engaging with others and involving themselves in pastoral life at the College. Throughout the programme the importance of wellbeing as a collective whole is made widely known to pupils, along with how participating in each theme will serve to enrich their future studies in a higher educational setting, or within their chosen workplace setting.

## **6.0 Student Voice**

- 6.1 In promoting healthy body, healthy mind the pupils at the College are always at the forefront of all initiatives and measures to promote wellbeing. The College welcomes learner voice and regular feedback from students is welcomed and encouraged. The College also promotes student groups, such as the wellbeing champions and groups to address positive change such as the College holistic health group and the environmental group.
- 6.2 Students participate in student council feedback sessions, along with whole College wide questionnaires to put across their views and inform the College about areas that they feel could be improved.
- 6.3 Students are also asked to review policies that directly relate to them on an annual basis and as such, a designated team of students work with the College Head of Pastoral to undertake policy review at the College.