ABBEY COLLEGE IN MALVERN
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# Healthy Lifestyle Policy

| Related Documents Include: |
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| • RSHEE Policy<br>• Student Handbook |
| **Monitoring and Review** |
| • This policy will be subject to continuous monitoring, refinement and audit by the Welfare Manager.<br>• The Welfare Manager will undertake a formal annual review of this policy for the purpose of monitoring and of the efficiency with which the related duties have been discharged, by no later than one year from the date shown below, or earlier if significant changes to the systems and arrangements take place, or if legislation, regulatory requirements or best practice guidelines so require. |
| • The next official date for review is **November 2027.** |

## Introduction

Learning to live a healthy lifestyle can contribute to young people's personal, social and emotional wellbeing, helping them to function well in life, learning and work. The College' healthy lifestyles policy is included in RSHE and Citizenship syllabuses through which we educate the students to balance what they eat and drink, including drugs and alcohol, with the exercise they take, the time for social interaction and the amount of sleep they get. Reference to the policy is also made during house meetings and the College regularly invites speakers in to talk on the dangers of drugs, alcohol and smoking.

## Alcohol

No alcohol is allowed on site. Adult students are allowed to leave the College premises and visit restaurants and public houses, but it is stressed that they may not over-indulge and return to the College in an inebriated state. The same principle applies to staff as well.

## Smoking

Smoking is not allowed on campus, in any of the buildings or classrooms apart from one small area that is set aside where students aged 18 plus may smoke if they wish. Only 18 plus students are allowed in this area. This helps to confine the smoking to one area and makes us aware of who the smokers are in the College.

## Student Relationships

The emotional development of the students and their relationships with the opposite sex is monitored by the House staff and Welfare staff. Older students are warned not to be publicly affectionate particularly in front of younger students, and if such behaviour does not refrain, there will be cause for sanction. Sexual intercourse is not allowed on site, if any suspicion arises in such matter, the students involved will be invited in a meeting with the Welfare Manager and Principal, and sanctions could be applied.

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| **Produced by:** | **CS** | **Date:** | **31/01/2017** | **Checked by:** | **AG** | **Date:** | **16/11/2026** | **Approved by:** | **AW** | **Date:** | **16/11/2026** |

## Drugs

'Drugs' are substances that alter the mind or the body. This policy is concerned with alcohol, tobacco and solvents, over the counter and prescribed drugs such as tranquilisers and painkillers, and illegal drugs such as ecstasy, LSD, cannabis, crack/cocaine and heroin.

**Drugs are banned** and the College will call in the local police authorities if we have evidence that drugs are being taken. The use of illicit drugs can result in exclusion from the College.

## Energy Drinks

All energy drinks are banned as they pose serious health risks, particularly if drunk in large quantity.

If any energy drinks are found in students' rooms, will be confiscated and disposed of immediately.

## Meals

Three meals a day are provided in the dining room apart from Saturday and Sunday when 'brunch' and dinner is served. There are self-catering facilities in all houses and students are encouraged to achieve a degree of self-sufficiency. The kitchen staff running the dining room have been instructed to ensure that a healthy menu of food is always provided. The students' voice is heard regarding what food is served in the canteen through the Food Committee. There are monthly meetings taking place with the Head Boy/Head Girl and the Catering Manager.

If a student has specific dietary requirements (related to their health or religion) the chef will be informed of this and will either indicate to the student which menu items are appropriate or will cook specialised meals for the student.

Some students either have, or request, a fridge in their bedroom. Students are taught about basic food hygiene and how to store their food correctly. This is also monitored by the House Parents and there is a selection of instructional posters in each boarding house kitchen.

In addition to the above, students can access drinks and snacks from the Tuck Shop. Further items are available from the vending machine located in the dining room.

## Drinking Water

Students have access to drinking water in the communal boarding house kitchens. Signs above each tap indicate whether the students can drink the water or not. This information is included in the Student Handbook. There is also a water fountain in the dining room and drinks are available at mealtimes.

## Personal Hygiene

Staff need to be aware of the need for a good level of personal hygiene and monitor the students to make sure that this level is maintained. Students should be reminded to use the laundry regularly. Some students have en-suite facilities but for those who have not, washing and toilet facilities are located near their rooms. If required, students can request personal hygiene items from Student Services.



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## Exercise

The College provides a balanced programme of sport and activities which the students are expected to participate in, Monday to Thursday from 16:30 until 18:00; Saturday from 12:30 until 14:30. The Aci9vities Manager is in charge of the programme, and registration of students for each of the above sessions.

If the College arranges access to a high-risk sport or activity it will usually request written permission from the parents of participants under the age of eighteen. Risk Assessments are completed by the instructor leading the session.

## Religion

If a student has religious beliefs that require a certain diet or a room to pray, this can be arranged if the student communicates their needs.

## Bed Registers/Check

Bed registers should be completed by the staff member assigned to do this at bedtime. The register should then be left in the allocated space, where all staff members can go at any time and find the register.

When on bed check duty the members of staff should confirm that the person indicated by the Rota is in the house after the check so that students have a contact in case of an emergency. (See full Bed Checking Policy) document.

## Accident Book

Any accident/incident, whether to a student, member of staff or visitor, on campus should be reported in the accident/incident book (located in Student Services).

## Fire Logs

These should be completed whenever there is a fire drill by the member of staff in charge of a particular building. Fire drills are held on a regular basis and recorded by the Site Manager.



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