



Bishop Milner Catholic College

Healthy College Policy

(inc. Smoke Free Policy)

“Didn’t you realise that you were God’s Temple and that the Spirit of God was living within you”

1 Corinthians 3:16

REVISED: June 2018

PRESENTED TO REPRESENTATIVES: June 2018

TO BE REVIEWED: June 2020

Vision

The purpose of the Healthy College Policy is to ensure that all members of our College community know that they are in an environment where their wellbeing is paramount and are able to recognise their role in creating that environment. The College recognises that the health of each member of its community is made up of many different elements, we have a duty of care not just for the physical wellbeing, but the mental, spiritual and moral wellbeing of our community. Within this policy we therefore cover the areas of drugs, smoking and food.

Our work is to help all members recognise their value and worth as part of God's creation and to develop their own self esteem. In knowing and believing that we are valuable and worthwhile in the sight of God, we then begin to value and care for ourselves.

Drug policy:

The purpose of the College drug policy is to:

- clarify the legal requirements and responsibilities of the College, and ensure that the response to incidents involving drugs complies with LEA directives
- reinforce and safeguard the health and safety of students and others who use the College
- clarify the College's approach to drugs for all staff, students, representatives, parents/ carers, external agencies and the wider community
- enable staff to manage prescribed drugs on College premises, and any incidents that occur, with confidence and consistency, and in the best interests of those involved

Whom the policy applies to:

All adults working at and for the College.

All parents on College premises and in the College surroundings.

All students at Bishop Milner Catholic College.

All staff and students of BMCC on College journeys.

Roles and responsibilities of Principal, other staff, representatives

The Principal will ensure that:

- A substance co-ordinator is appointed to have general responsibility for handling the daily implementation of this policy identified as Mrs S Heath
- A planned drug education programme is provided as part of the wider curriculum and science that reflects knowledge and understanding, attitudes and personal and social skills
- Teachers are provided with training and guidance so that they are confident and skilled to teach drug education and to respond to drug-related incidents
- Students are aware of the rules on drugs and of the consequences of breaking them
- Clear procedures are in place for responding to drug-related incidents
- Those students who have a concern about drugs are provided with support
- Sanctions for incidents are consistent with the College's discipline policy
- The College actively co-operates with other agencies such as community police, Social services, the LEA and health and drug agencies to deliver its commitment to drugs education.

All staff are expected to:

- Report incidents of drug misuse to the Principal

- Implement the drug education programme as required and attend associated training to increase their understanding of the implications and possible consequences of use and misuse of drugs
- Enable students to make healthy, informed choices by increasing knowledge, exploring their own and other people's attitudes and developing and practising personal skills to resist peer group pressure, and help friends and relatives involved in drug misuse
- Promote positive attitudes towards healthy lifestyles
- Provide accurate information about substances
- Widen their own and the students' understanding of related health and social issues, e.g.: sex and sexuality, crime, HIV and AIDS
- Enable young people to identify sources of appropriate personal support.

Students will be expected to:

- Follow the College rules
- Alert the staff to any drug-related incidents on or around the College site.

Parents will be encouraged to:

- Endorse the College's approach to drugs education
- Work in partnership with the College to overcome the misuse of drugs

Definition of the term drugs:

A substance people take to change the way they feel, think or behave.

Drugs include:

All illegal drugs (those controlled by the Misuse of Drugs Act 1971)

All legal drugs including alcohol, tobacco, volatile substances (those giving off a gas or vapour that can be inhaled), ketonic, Khat and alkyl nitrates (known as poppers).

All over-the-counter prescription medicines.

Schools & College's stance on drugs, health and the needs of students.

It is an offence under Section 8 of the misuse of drugs Act 1971 for the management of establishments (this includes schools) to knowingly permit the supply or production of any illegal drugs on the premises. It is also an offence to allow premises to be used for the smoking of cannabis. Therefore, illegal drugs have no place in our College.

Medicines

If students have medicines that have been **prescribed** for their medical condition during the College day then the BMCC medicines procedure is to be followed.

For **non-prescription medicines** students may self-administer e.g.: for period pains or hay fever, **however**, only the daily quantity needed should ever be brought into College (see medicines procedure).

Our first concern in managing drugs is the health and safety of the College community and meeting the needs of **all** students.

Confidentiality

In managing drugs we cannot promise total confidentiality.

Management of drugs at College (See College Planner – ‘Issuing of Prescription Drugs During the College Day’)

To protect the safety and well-being of all students and staff, drugs must not be possessed, bought or sold or otherwise obtained on College premises or during the College day including when students are on College visits.

If students are found in possession and/or under the influence of an illegal substance in College or on route to/from College premises, then parents will be informed as soon as possible. Sometimes this will lead to additional sanctions to include temporary or permanent exclusion.

Support via the counselling service and referral to appropriate agencies such as CAHMS will also be offered. If a student is dealing/supplying illegal drugs on or near College premises or on route to/from College or on a College journey then permanent exclusion is likely

Staff may take temporary possession of a substance suspected of being an illegal drug for the purpose of preventing an offence from being committed or continued in relation to that drug. The substance will then be:

- (i). sealed in a plastic bag in front of a second staff witness. Details to be included in the bag include date and time of seizure/find and witness present.
- (ii). the substance will be stored in the school safe
- (iii). the police will be notified as soon as possible and asked to collect and identify the substance
- (iv). parents are to be informed of all of the above if the substance is obtained from a student at BMCC.

Confiscation of other substances

If alcohol, tobacco or electronic cigarettes are found, parents will be informed and asked to collect the items. Volatile substances e.g.: aerosol sprays may be confiscated by staff if being used inappropriately.

Searches

In **exceptional** circumstances a search of students or belongings may take place.

If a student is suspected of concealing an illegal substance they will be persuaded by HPL or SLT with a second member of staff as a witness to hand the substance over voluntarily – if the student refuses the police will be called and parental permission sought for a personal search.

The police can conduct a personal search if they believe a crime has taken place or to prevent harm to themselves or others following an arrest.

Search of student’s personal property

Students’ personal property will only be searched with consent of the student or, if this is refused, consent of the parent.

If any search has been done parents **will** be informed whether the outcome is positive or negative.

The needs of Students

At BMCC we seek to promote supportive and safe relationships and help students to cope well with both the academic and social demands at College.

We prize self-esteem and self-worth in all of our students and promote these in all areas of our curriculum and College day. Student’s wellbeing is our primary concern and there are many layers of support and guidance available beginning with their Form Tutor, HPL, College nurse and counsellor etc.

Referral and external support

Our work as a Health Promoting College involves close liaison with external agencies such as: The Zone and Talk to Frank (www.talktofrank.com)

Involvement of Parents/Carers

Parents will be encouraged to:

- Endorse the College's approach to drugs education
- Work in partnership with the College to overcome the misuse of drugs.

Role of the Local Governing Body-

The Local Governing Body will ensure that its members, are well informed about the drug education programme, the potential for drug abuse and how to respond to drug related incidents.

Liaison with other schools or colleges

BMCC will liaise with other schools to share information and build on drug education in primary schools.

Whole College Food Policy

Food has a significant role to play in the life of Bishop Milner Catholic College, it supports the College's ethos and encourages students to take responsibility for their health and wellbeing. Bishop Milner Catholic Colleges Food Policy is informed by The School Food Plan.

Aim

To ensure that all aspects of food and nutrition in College promote the health and wellbeing of students, staff and visitors to our College. That everyone involved in the life of the College has access to good quality healthy food and that everyone has the opportunity for their voice to be heard. The College has been awarded the Healthy School Award

Objectives

- Raise the awareness of the students so that they make informed decisions to eat a healthy diet.
- Review formal curriculum to ensure the information relating to food and nutrition in the different subject areas is consistent and up-to-date.
- Ensure that all food provision supports a healthy choice, including breakfast, snacks, lunches and other occasions when food is provided. • Encourage all students to eat breakfast.
- Celebrate our success by holding events or focusing on particular areas of Healthy Eating by sharing the information through displays in College and Parental newsletters.

Background information

Bishop Milner is built on a very high area of Dudley; when the weather is cold the College provides a warm and welcoming area for students to congregate. The dining room is accessible to all from 8.15 am. Many staff and students use the Breakfast service and are able to obtain a warm drink and a variety of food.

Post 16 students have their own cafe and food area where they can obtain refreshments at any time of day.

In line with the directive from the Bishops of England and Wales the College canteen does not serve meat on Fridays

Fizzy, stimulant drinks and large bags of sweets or chocolates are banned from Bishop Milner College Campus for students in year 7-11. If student are found to have these on them the items will be confiscated. They will then be placed behind reception for a period of 24 hours for parents or carers to collect. After 24 hours the items will be disposed.

Meetings held between the Business Manager and catering ensure that improvements are made to the menus and the physical environment of the dining area. Actions to date to improve take up have included:

- Redecoration of the dining hall
- Floor covering replaced.
- Tablecloths are used to make the Dining room more attractive.
- New trays, plates, bowls and mugs were purchased.
- Dining room opening hours were extended to provide a service from 8.15-8.55 am.
- Posters promoting Healthy Eating were purchased and displayed in the Dining room.
- Water is available at two water fountains and students are encouraged to drink water.

Bishop Milner provides vending machines with a variety of drinks available to promote a healthy drinking message.

Menus are displayed for Breakfast and Lunch in all tutor rooms and the Breakfast club is advertised in Assemblies for the whole school.

Smoke Free College Policy

As of 1 July 2007 workplaces and public places were designated as smoke free.

In line with this the College has ensured that:

- Substantially enclosed premises and work vehicles (College mini bus) are smoke free.
- Signs are displayed at the two public entrances to the College, in reception and in the College mini bus.
- Reasonable steps are taken to ensure that staff, students and visitors are aware that the College is a smoke free environment and that everyone complies with the law.

All staff and students are aware that the campus is smoke free.

Helen Parkes and our Site Manager will be responsible for the implementation of the policy. All staff will have the responsibility of ensuring that students do not smoke on the campus.

In the case of staff not complying with the law the matter will be referred to the Principal who will decide what action to take against the member of staff under the existing disciplinary procedure.

Students who are found to be smoking (inc. Electronic cigarettes) on the campus will be referred to the relevant HPL and action will be taken within the existing disciplinary sanctions used in the College.

Parents of the student(s) concerned will be contacted about the incident and that the law has been broken as well as College rules

Other persons smoking on the campus will be asked to leave the campus and informed that they have broken the law.

Information on the benefits of not smoking are part of the health promoting work undertaken in the College's broader curriculum and Science lessons.