



Abbey College

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Healthy Lifestyle Policy

Healthy Lifestyle

The College tries to adopt a very positive attitude to promoting health and education and tolerance of others amongst the community.

The College invites guest speakers from time to time to talk on the dangers of alcohol, drugs and smoking.

(ii) Alcohol

No alcohol is allowed on site unless supervised by members of staff and only adult students (18 years old and over) are allowed to drink. Also, although adult students are allowed to leave the College premises and visit restaurants and public houses, a watchful eye is kept on their consumption and it is stressed that they may not over-indulge.

If staff take out a group of adults to a pub, no alcohol may be consumed by the driver. Driving a college vehicle with students on board after taking alcohol will result in summary dismissal.

(iii) Smoking

Staff are discouraged from smoking, and the College has adopted a positive 'no smoking' policy in this respect with regard to new recruitment. Smoking is not allowed in any of the buildings or classrooms and one small area is set aside where the older students may smoke if they wish. This helps to confine the smoking to one area, gives us knowledge of who the smokers are in the College, and, perhaps, discourage others.

The emotional development of the students and their relationships with the opposite sex are monitored by the House staff and welfare staff. We have a strict policy wherever a problem appears to be serious - outside help is sought, often through the Doctor, but sometimes direct approach to the appropriate authorities. Older students are warned not to be demonstrative towards the opposite sex in front of juniors, and continually being asked to refrain will be cause for punishment.

(iv) Drugs

Drugs are substances that alter the mind or the body. This policy is concerned with legal drugs such as 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, and other illicit drugs young people may use, such as 'poppers'.

Non-prescription drugs are absolutely banned and the College will not hesitate to call in the local police authorities if there is even a suspicion that drugs are being taken within the community. The taking of illicit drugs is automatically a matter of informing the police and immediate expulsion from the College, and all members of the community are left in no doubt as to our stand on this matter.

(v) Meals

Three meals a day are provided in the Canteen apart from Saturday and Sunday when brunch and dinner is served, but there are self-catering facilities in most houses and students are encouraged to achieve a degree of self-sufficiency. The contractors running the canteen have been instructed to ensure that a healthy menu of food is always provided.

(vi) Personal Hygiene

Staff should encourage students to take a shower after exercise, and at least once a day, insist upon frequent changes of clothing, and remind students that a reasonable amount of College approved laundry is included in the fees, and that they should take full advantage of it. 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. Some students have en-suite facilities but for those

who have not, washing and toilet facilities are nearby and in adequate provision. All students are encouraged to shower after exercise. The students have the use of a laundry in Student Services to supplement the weekly laundry service provided by the college

(vii) Exercise

The college provides a balanced programme of sport and activities which the students should be encouraged to take part in. In certain sports qualified staff are brought in as required to give expert tuition. All students have a compulsory sports programme, which is more extensive for those under the age of 18

The college only instructs non contact sport and avoids high risk activities, unless a specialist firm or instructor has been employed (checked by the college). In the event that 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 18.

(viii) Bed registers/check

Bed registers should be completed by the staff member assigned to do this at bed time. The register should then be left in the appropriate place.

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 an emergency. See full bed Checking policy further in this document.

(ix) Accident book

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

(x) Fire logs

These should be completed whenever there is a fire drill by the member of staff in charge of the particular building. Fire drills are held on a regular basis and supervised/recorded by the Activities Co-ordinator.

POLICY REVIEWED BY EH APRIL 2011