



WINCHESTER
COLLEGE

Health, Well-Being and PSHEE

Next review date: March 2021

Author: JPC

This policy is to be read in conjunction with our Academic Curriculum, Traditional Values and PSHEE and Education and Well-being Policies.

1. The School actively promotes the physical, mental, emotional and sexual health of its pupils.
2. We want the means of this promotion to be many and various and to inform all aspects of a pupil's experience here rather than to be limited to the implementation of an independently delivered course.
3. The School Rules and the various disciplinary policies of the School support this policy; thus pupils know that there will be disciplinary consequences if they choose to abuse drugs, alcohol and tobacco or to behave in physically, verbally or sexually inappropriate ways.
4. Overt means of delivery of this policy include the following:
 - We provide a structured Personal, Social, Health and Economic education (PSHEE) programme within academic subject lessons, Div, and our programme of PSHEE talks. The programme aims to develop personal and inter-personal skills and deals specifically with safeguarding issues, e-safety and resilience to risks of radicalisation, sexual health and relationships, drugs, alcohol and smoking of tobacco products, and consists of a mixture of lectures and follow-up in Div discussion groups. This is overseen by the Head of PSHEE.
 - We have a Student Assistance Programme, *Group*, which provides a six-week programme as part of the PSHEE programme. Year 9 pupils share their thoughts and feelings in a confidential and caring environment, and each group is led by two specially trained facilitators.
 - Accountability of boys, especially in their first two years, to Housemasters and Tutors for their programmes of physical exercise during the term.
 - Advice provided by the staff of the Medical Centre to particular groups such as asthmatics.
 - Advice available for smokers from the Medical Centre and the DVD sourced by the School Doctors.
 - Information given to pupils by medical staff about how to avail themselves of the help of such providers as the local Sexual Health unit.
 - Frequent reminders by Matrons and Housemasters of the importance of proper handwashing and the like.
 - The theory of healthy lifestyle delivered as part of the PE programme in Junior Part.
 - Advice available from experts in the PE Centre on how to keep safely fit.

- Beginning-of-term talks to year groups which stress aspects of personal health, especially the importance of sleep and a proper breakfast, and which include warnings about the abuse of drugs and alcohol.
 - Meetings for small groups and individuals with Housemasters, Assistant Housemasters, Tutors and House Matrons; and a willingness in these adults to take a proactive interest in pupils' education in matters of health.
5. Pupils' education in health is further promoted by such exemplary means as:
- The School's policy on the stocking of tuck shops and the like with healthy options.
 - A willingness across the School community to discuss matters of health and well-being in an open and frank way.
 - Extensive provision of a wide range of sports and other physical activities designed to give pupils a lifelong awareness of the importance of physical exercise and health.
 - The School's policy that there should be no smoking on the School campus.