



RADLEY

**Healthy Living**

**January 2025**

We are committed to promoting a healthy lifestyles. This is specifically taught within the PSHE course, but it is also encouraged and fostered through the wholistic boarding experience. This policy takes full account of the [National Minimum Standards for Boarding Schools](#) (NMS 7).

## Promoting Mental Health and Wellbeing

We aim to promote good mental health and a sense of well-being through:

- **Facilitating a feeling of independence:** Living away from home encourages self-reliance and independence, fostering resilience through managing one's daily life.
- **The establishment of structured routine:** the boarding school day has carefully structured routines, providing stability that can help students cope with challenges more effectively.
- **The development of peer support:** being close to one's peers allows for strong social connections, creating a supportive network that contributes to resilience.
- **Diverse experiences:** Exposure to a wide range of diverse activities and challenges can enhance adaptability and the ability to navigate various situations.
- **Academic rigour:** Radley provides a highly stimulating academic and promotes perseverance and resilience in the pursuit of excellence.
- **Mentorship:** The presence of mentors, both adult and peers, can provide guidance and support, aiding in the development of coping strategies.
- **Strong community bonds:** Living in a close-knit community fosters a sense of belonging and shared responsibility, contributing to emotional well-being.
- **Understanding conflict resolution:** Negotiating relationships within a boarding school setting can teach valuable conflict resolution skills, enhancing resilience.
- **Character development:** There is a strong focus on character development, instilling values that contribute to emotional resilience.
- **Preparation for adulthood:** The boarding school experience prepares pupils for the challenges of adulthood, instilling qualities such as responsibility and perseverance.

## Diet & Exercise

The PSHE scheme of work contains lectures on what constitutes a healthy diet and the importance of nutrition in the pupils' daily lives. Pupils are required to attend all meals and are encouraged to eat healthily at those meals. Healthy snacks, including fresh fruit, are made available in Social throughout the day. The working day concludes with 'Cocoa' - an informal gathering of pupils in their Social kitchen or Tutor's house. The Cocoa gathering includes snacks and a hot drink before bed.

All pupils are expected to take part in a games option on Tuesday, Thursday, Friday and Saturday afternoon. In addition to the organised sessions, pupil can make use of the gym and swimming pool during free-time sessions. Physical fitness is measured each year by the Athletic Development Department. Pupils who are found to be lacking in physical fitness are encouraged to join an additional strength and conditioning programme to help them improve their levels of fitness.

Achieving a sense of wellbeing comes through a sense of contributing, achieving and being valued. Pupils will experience these things through different activities in the course of their boarding experience, but sport plays a very significant part for many and we encourage all pupils to take proper exercise on a regular basis.

Pupils' views on dietary provision, health and wellbeing are canvassed on an annual basis through the Welfare Survey. Pupils also have the opportunity to make suggestions to the catering department through the Sub-Warden's Advisory Committee (SWAC) which meets twice a term.

## **Alcohol Management**

The aim of the school is to educate pupils about social drinking and to make them aware of the health risks associated with excessive alcohol.

The PSHE programme and Biology lessons emphasise the dangers of alcohol abuse and the Health Centre will provide a confidential service for any pupils who wish to learn more.

Pupils in the Sixth Form are invited to join the JCR once they reach their 17<sup>th</sup> birthday. Membership of the JCR provides an opportunity to learn how to drink sensibly in a social situation. Pupils are restricted to 2 drinks during the course of the evening.

Wine will be served at some college events, where it is deemed appropriate. These are occasions on which pupils have another opportunity to learn enjoy wine with a meal in the company of adult members of staff. It is the school's policy that, where wine is being offered at a meal, bottled water should also be on the table.

Circumstances will be taken into account that are particular to any situation, but the following are the normal guidelines for the punishment of drinking (illicitly, illegally or to excess, plus possession of alcohol). All offences are notified to parents by letter.

### **Lower School**

- 1st Offence: seen by Sub-Warden, 3 weeks' loss of privileges\*, + 3 weeks' Social gating
- 2nd Offence: seen by Sub-Warden, 6 weeks' loss of privileges\*, + 3 weeks' Social gating

*\*Loss of privileges = loss of the following: Shop/Village Shop/Coffee Shop/Leave into Oxford and Sundays Out.*

A second offence, while in the Lower School, would call into question a pupil's suitability for life at Radley and necessitate discussion between Parents, Tutor and possibly the Warden.

### **Sixth Form**

- 1st Offence: 3 weeks' loss of privileges, seen by Sub-Warden
- 2nd Offence: 6 weeks' loss of privileges, seen by Sub-Warden
- 3rd Offence: 9 weeks' loss of privileges, seen by the Warden

*\*Loss of privileges = loss of the following: JCR/Shop/Village Shop/Coffee Shop/Leave into Oxford and Sundays Out.*

Drunkenness, which necessitates adult supervision in its aftermath, will be treated very seriously and will generally incur punishment at the highest level. A second offence of drunkenness in the Sixth Form would call into question a pupil's suitability for life at Radley

and necessitate discussion between Parents, Tutor and the Warden. Suspension may become part of a possible punishment for repeat offenders.

Offences involving spirits or the supply/selling of alcohol to another pupil will be seen as a serious breach of school rules and be punished accordingly (in addition to the sanctions listed above).

## Smoking/Vaping Prevention Measures

The aim of the school's policy is to discourage pupils from starting to smoke or use nicotine products and to reduce the numbers of pupils who do so to a minimum. The Anti-smoking policy applies to all tobacco products **and** e-cigarettes (Electronic Nicotine Delivery Systems or Vaping devices).

The dangers of smoking are emphasised to pupils both in Biology lessons and in the PSHE programme. The process is a continuous one and the help of members of Common Room and School Prefects is enlisted in the detection of smokers around the College. Help with smoking cessation is available through the Health Centre for those pupils wishing to quit. This service is, of course, confidential.

Circumstances, particular to any situation, will be taken into account but the following are the normal guidelines for the punishment of smoking. All offences are notified to parents in writing.

### Shells, Removes and Fifts

- 1st Offence: seen by Sub-Warden, 3 weeks' loss of privileges\*
- 2nd Offence: seen by Sub-Warden, 6 week's loss of privileges
- 3rd Offence: seen by Warden, 9 weeks' loss of privileges

*\*Loss of privileges = loss of the following: Shop/Village Shop/Coffee Shop/Leave into Oxford and Sundays Out.*

### Sixth Form

- 1st Offence: 3 weeks' loss of privileges, seen by Sub-Warden
- 2nd Offence: 6 weeks' loss of privileges, seen by Sub-Warden
- 3rd Offence: 9 weeks' loss of privileges, seen by the Warden

*\*Loss of privileges = loss of the following: JCR/Shop/Village Shop/Coffee Shop/Leave into Oxford and Sundays Out.*

For all years: All pupils caught smoking/vaping should report to the Sub-Warden. Pupils will also be encouraged to meet with the Health Centre to discuss their smoking/vaping problem and cessation plans. After the third offence, Suspension is a possible punishment.

**Smoking tobacco products in a building** will automatically incur a 3rd Offence punishment due to the additional fire risk and the endangerment of others. A repeat offender (smoking in a building) should expect to receive a suspension from the school.

**Any pupil supplying/selling** tobacco products or e-cigarettes (electronic cigarettes) to another pupil will be in serious breach of school rules and be punished accordingly.

## Drugs Prevention Measures

### Introduction

The school is concerned to do all that it can to prevent individual pupils from using illicit drugs and to create an environment where drugs are not used.

It seeks to achieve those ends by educating pupils about drugs and their effects; by developing in pupils the confidence and the skills which will assist them to reject pressures to use drugs; and by making it clear that use of drugs will lead to dismissal from the school.

The school's policy is both educational and disciplinary. Both approaches are in their different ways manifestations of the school's wish to look after the pupils and to reassure parents.

### Drug Education

- a. Drug education is provided through a PSHE programme consisting of lectures given by specialists in the field and of discussions and other exercises undertaken with Tutors and Form Masters.
- b. Drug education lectures impart information about the law on drug misuse, the physiological and psychological effects of drugs, and the implications of drug misuse for the individual and for society. Visiting experts are often used to deliver lectures, and care is taken to ensure that those selected share the school's values.
- c. Drug education within Socials explores ways of helping pupils to resist undesirable forms of peer pressure, including pressure to experiment with drugs, and to think about the question of drugs in terms of responsible decision-making, the duties of good citizenship and the dangers of risky living.
- d. Dons and PHMs and other staff are encouraged to be alert to the signs which may indicate drug misuse and they are required to be aware of the procedures to be followed in the event of discovering drug misuse or substances known or thought to be illicit.
- e. Where drugs are concerned, it is particularly important that parents and school stand shoulder-to-shoulder. The school is dependent upon (and grateful for) any reinforcement of the school's stance on drugs which parents are able to give.

### Discipline

- f. The School Rules are explicit about illicit drugs being forbidden. Section 1.a forbids "the possession of, or use of, illegal drugs of any variety."
- g. The Warden has the right to dismiss any pupil involved with illicit drugs.

**The Warden has the power to dismiss any pupil for possessing, using, supplying or otherwise being concerned in any way with illicit drugs or other harmful substances at any time during his school career.**

The Warden has the power to treat as a breach of school discipline behaviour during the leaves and holidays of a pupil's school career which is liable to bring the school into disrepute.

- h. Dons, PHMs and other staff may take temporary possession of a substance known or thought to be illicit. Such substances will be handed over to the Warden or the Sub-Warden who will arrange for such tests as may be necessary or for their disposal.
- i. The Warden may require any pupil to submit to an appropriate drugs test, whether on suspicion (e.g. rumours, paraphernalia, physical signs, behavioural signs) of the use of illicit drugs or other harmful substances or otherwise at his sole discretion. In this event parents will be given notice of the procedure to be followed.
- j. Refusal to co-operate, unless there are particular reasons, will be considered a strong presumption of involvement with drugs or illicit substances and may be incompatible with a pupil remaining at the school.
- k. If the Warden/Sub-Warden has particular concerns he may cause a search to be carried out of any pupil's personal possessions or room. See Search Policy.
- l. In matters to do with drugs which must inevitably be considered in the context of the criminal law and the possibility of criminal investigation, the school and the local police work closely together. The police will be informed when illicit drugs are found on a pupil or on school premises. The school reserves the right, however, to carry out its own disciplinary proceedings whatever may or may not be decided by the police and at a time independent of any proceedings initiated by the police.
- m. The Warden is responsible for any dealings with the media. It is not the school's policy to volunteer any comment on disciplinary matters of any kind, which it considers the private concern of the school and the pupils themselves and their families. In cases where information has reached the media it may be necessary to confirm that an incident has occurred or that disciplinary action has been taken.

### **Drug Testing Protocol**

*At the heart of the testing is the wish to clear the pupil's name as quickly as possible.*

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*The Parents' Contract states:* The School may undertake drugs and alcohol testing of pupils in accordance with its Healthy Living Policy. The Healthy Living Policy has been adopted for disciplinary purposes and with the aim of safeguarding the health and safety of all pupils.