

# **Ysgol Aberconwy**



## **Drug & Alcohol** **Education**

**POLICY DOCUMENT NO: 18**

**ISSUE NO: 5**

**THIS POLICY HAS BEEN APPROVED BY THE FULL GOVERNING BODY**

**Signed:**

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**LT Link : RHJ**

## **DRUG AND ALCOHOL EDUCATION POLICY**

Legal and illegal substances are widely available for use by young people. They are affordable, popular and are used by some young people of all abilities and social backgrounds.

### **AIMS**

- To emphasise the benefits of a healthy lifestyle, and give young people the knowledge and skills to make informed and healthy choices now and later in life.
- To promote the health and safety of all pupils and to safeguard their well-being.
- To provide clear guidelines to enable staff to respond sensitively and confidently to young people associated with possession or use of substances, on school premises or outside.

### **DEFINITION OF DRUGS**

For the purpose of this policy 'drugs' may be defined as any chemical which brings about a change in a persons' emotional state, body functioning or behaviour.

Therefore included are:-

- a) prescribed medicines
- b) caffeine, alcohol, tobacco
- c) solvents and illegal drugs
- d) performance enhancing drugs

### **1. SCHOOL STATEMENT ON SUBSTANCE MISUSE**

Each pupil at Ysgol Aberconwy is entitled to receive a broad and balanced curriculum which: "Promote their spiritual, moral, cultural, mental and physical development and prepares them for the opportunities, responsibilities and experiences of adult life. (Sect. 351, Education Act 1996).

The New Curriculum focuses on the impact of a wide range of different lifestyle choices. The impacts of drug and alcohol use on the human body is included. The Governors and staff fully support the belief expressed in the Personal and Social Education Framework for 7-19 year olds in Wales (2008) that Personal and Social Education should "feature a range of experiences to promote the personal and social development and well-being of learners".

Ysgol Aberconwy is committed to:

- Engaging all the necessary agencies to raise staff and student awareness of drug, alcohol and solvent related issues.
- The provision of training and the necessary guidelines to enable the staff to:
  - a) offer relevant, up to date information and advice to students, in understanding the dangers of drugs misuse.
  - b) respond in the appropriate manner when dealing with incidents of alleged drugs misuse.
  - c) Producing a structured prevention programme within the pastoral sessions which will enable students to adopt a healthier lifestyle.

- Allowing students to obtain information, to make informed choices, based on knowledge and understanding of the issues.
- Providing up to date and relevant information regarding:
  - a) The Law and Drugs
  - b) Penalties for Misuse
  - c) Classes of Drugs
  - d) Beneficial use of Medicines.
  - e) Harmful effects of smoking/excessive alcohol abuse

## **2. PREVENTATIVE MEASURES**

- a) Only designated members of staff will be allowed to administer prescribed medicines to pupils and then, only with the written permission of parents / guardians and the G.P.
- b) The school will provide, as part of the P.S.H.E. curriculum, a programme of drugs education including:
  - Factually correct and up to date information about drugs.
  - Exposures to situations and experiences which will promote self-esteem, self- reliance, decision-making and social skills.
  - Information about counselling services both in and out of school.
  - Information about the school's agreed stance on substance misuse and the measures to be taken if substance misuse is suspected.
- c) In-service training for all staff and discussion with parents and governors in order to raise awareness of the problem.
- d) The school adheres to NHS Wales' 'Five Ways to Well-being' initiative. The "Take Notice. Connect. Be Active. Keep Learning. Give' are a set of evidence-based messages aimed at improving the health and wellbeing of the whole population. They were developed by the New Economics Foundation from evidence gathered in the Foresight Mental Capital and Wellbeing project (2008). This is a whole school approach to develop and support individuals' general health and well-being.

## **3. GUIDELINES FOR STAFF**

- a) Instances of substance abuse should be reported to the Headteacher or the CP Coordinator
- b) Staff should not promise confidentiality to pupils concerned in incidents, in case the information has to be disclosed at a later date to outside agencies.
- c) The school handbook contains information regarding the schools response to substance misuse.

Should the need arise the Headteacher will be responsible for:

- a) Contacting parents / chair of governors.
- b) Contacting the Police
- c) Contacting other external agencies where applicable.
- d) Contacting the LEA to deal with the media.

## **4. PARENTS / COMMUNITY**

Parents will be informed by the Headteacher of confirmed or suspected instances of drug abuse.

- Records about incidents will be kept in pupils' personal files. (confidential)
- The Police and other agencies will be contacted within 24 hours if appropriate.
- Counselling will be offered when parents, pupil and staff meet.
- Visiting speakers will be invited into school to support the programme but will discuss the content of the talk with the PSHE co-ordinator prior to the visit and send worksheets etc. in to be scrutinised.
- Alcohol and tobacco will not be allowed on any school visits.
- Bottles of wine will be permitted in raffles for adult collection only.
- All solvents / paint strippers, aerosols will be stored in a locked storeroom and only used under supervision of a teacher.
- Medicines will be stored in a locked cupboard (or fridge as necessary) in the medical room.
- All members of the school and the community will be encouraged to work together to put the policy into practice.

## **5. PREVENTION PROGRAMME GUIDELINES**

In addition to the PSHE curriculum, the National Curriculum Orders state that at Key Stage 3 pupils should be taught :

- How smoking affects breathing.
- That the body's natural defences may be enhanced by immunisations and medicines.
- That the abuse of alcohol, solvents and other drugs affect health.

Ysgol Aberconwy employs a 'multi-agency' approach to dealing with drug and alcohol education. We collaborate with a wide range of different agencies to support a preventative rather than a reactive approach to educate and support all members of the school community. School-based counsellors and CAMHS are available to students with Conwy CareFirst service support available free of charge to all members of staff

The school is represented on the Conwy Education Health and Well-being Steering Group which enables us to network and establish effective working partnerships with all members of our 'multi-agency' approach to drug and alcohol education. Membership to this group allows staff and students to benefit from the latest guidance, support and training related to drug and alcohol education.

Ysgol Aberconwy is committed to surveying the entire student body on all aspects related to their health and well-being related behaviours. The school will continue to use the comprehensive School Health Research Network (SHRN) questionnaire that brings together secondary schools and academic researchers, policy-makers and practitioners from health, education and social care to improve young people's health and wellbeing in the school setting. It is a partnership between Welsh Government, Public Health Wales (PHW), Cancer Research UK and the Wales Institute of Social and Economic Research, Data and Methods.

We aim to improve young people's health and wellbeing by using our SHRN reports to evaluate emotional and physical health topics with national data for comparison. These include:

- Healthy eating and physical activity
- Mental and emotional health and wellbeing
- Smoking and alcohol use and other substance use
- Sex and relationships

We complete the Student Health and Wellbeing Survey every two years.