



Health, Wellbeing and Drug Education Policy

At Cape Naturaliste College we will continue to build our shared responsibility between the school, parents and the broader community to strengthen our approach to the physical and mental health of all students to maximise their engagement with teaching and learning. We are committed to enhancing the health and wellbeing of all our students, with students placed at the centre of our health planning, procedural and policy documentation. 'Personal Care in Schools' (PCIS) is provided to ensure that when attending school, all students can maximise their safety, comfort, independence, dignity and privacy. Further to this, a culturally responsive approach will be used to implement whole school strategies which promote student health, as well as plan for medical emergencies and implement plans and processes which respond to the health needs of our students in a safe, caring, inclusive, connected, and supportive environment.

The three key areas of the Health, Wellbeing and Drug Education Policy are:

- Education
- Environment
- Partnerships

Further to this, the College will ensure that there is a continued focus on the following areas: mental health, healthy food and drink, sun protection, First Aid, managing medical emergencies, medication, disability, specific health conditions and infection control.

Education

Our college health education plans, which are reviewed annually, identify age-appropriate content across each year level, examining the holistic needs of all students. This includes implementing strategies that strengthen student mental health literacy and promotes mental health, such as evidence-based social and emotional learning programs, alcohol and other drug prevention education, as well as the teaching of mental health, resilience and wellbeing through the Health and Physical Education learning area and Personal and Social Capabilities, from the General Capabilities section of the Australian Curriculum.

The College uses evidence-informed drug education and health resources such as *Challenges and Choices*, (www.sdera.wa.edu.au), *Drug Aware*, (www.drugaware.com.au), *Beyond Blue* (beyondblue.org.au) and *Reach Out* (schools.au.reachout.com) and the Department of Education's vaping tool kit (myresouces.education.wa.edu.au/programs/vaping). With the College Executive and Leadership team supporting staff to deliver appropriate drug education approaches and health promotion by allowing in-school time for planning and reflection, supporting professional development opportunities and allocating funds for resources and materials. Our Curriculum focuses on skill development and furthering the students' knowledge and understanding, as well as attitudes and values, which promote help-seeking behaviour.

Currently, students at the college complete or have access to:

- Approximately 30 hours a year as part of Health Education programs in Years 7-10
- Incorporation of key health promotion themes in some courses of study work for students in Year 11 and 12
- Compulsory Leavers presentation for all students in Year 12
- Extension of learning from the classroom to promote parent support of relevant health, wellbeing and drug education programs, with the College offering workshops throughout the student's schooling journey.
- Relevant health promotion and health education displays and materials,
- School-based wellbeing activities, as overseen by the school's health nurse in conjunction with the Student Services Team and Student Leaders.

Environment

Our Policy has a focus on implementing a tiered, culturally responsive approach to promoting and supporting student health. All students at the College have the opportunity to participate in drug education and health promotion programs and initiatives, with our Health, Wellbeing and Drug Education Policy being reviewed on a regular basis in consultation with the school community. A continuing focus on health promotion has the biggest impact on improving and maintaining student health and our whole school approach recognises that all aspects of the school community can impact positively upon student wellbeing, engagement and achievement. The College Executive and Leadership team support staff to attend professional development to broaden their understanding and enhance their confidence in delivering and implementing health, wellbeing and drug education programs as well as working with relevant staff, students, parents and the broader community. We have also developed and implemented *Procedures for Incident Management and Intervention Support* through our policy documentation and planned for effective management of possible medical emergencies, including emergency response, first aid, anaphylaxis and off-site activities planning.

Partnerships

Supporting student health is enacted in partnership with students, staff, parents/caregivers and the community to develop a shared responsibility. As a school community, we engage in health promotion and wellbeing initiatives, implementing a flexible and adaptable approach to supporting student health from a holistic viewpoint, encompassing physical health, mental health, and healthy food and drink choices.

Physical and Mental Health

As a college we ensure that students are supported in the first instance by staff trained in First Aid and that relevant staff receive ongoing First Aid training. Individual student health care plans are available to all staff and are updated annually. Relevant staff also complete specific training for such conditions as anaphylaxis, specialised medication administration and asthma management. In the event of a medical emergency or as directed by an individual student's health care plan, an ambulance will be called to support the student's immediate health needs if or as required.

Where required, teaching staff access resources and engage in training with the School of Educational Needs, Medical and Mental Health(SSEN:MMH) and Road Safety and Drug Education (SDERA). Building mutually respectful relationships with our local community is fundamental to this approach. Relevant health promotion and wellbeing information and strategies for students, parents and families is provided through a variety of methods such as Connect whole school notices, the College website and through year group assemblies. Resources available to our parents /caregivers and our wider community include:

- SDERA's Connect (www.sdera.wa.edu.au) and Reach Out (parents.au.reachout.com) are used to identify resources and agencies that support and complement our school drug education initiatives and ongoing communication with families.
- Department of Education (myresources.education.wa.edu.au/programs/vaping) provide specific resources for parents/caregivers through the Vaping Toolkit
- School Health Nurse and the School Psychologist work in collaboration with staff and students to promote positive health education approaches and educative counselling and wellbeing support to both students and their families, as well as liaise with health professionals to provide personalised support for individual students.
- College Health, Wellbeing & Drug Education Policy located on the College website for access by the wider school community

Healthy food and drink choices

Healthy eating habits start at home and our school plays a supporting role in ensuring our young adults understand the importance of making healthy food choices. We liaise and collaborate with our College Café to ensure staff complete and maintain relevant training through FreshSNAP and the 'Whole of School Healthy Eating Program' as well as 'Food Safe Handling' and 'All About Allergies'. We continue to focus on providing catering options which focus on healthy fats, low sugar, and low sodium foods.

Incident Management and Intervention Support

The following Incident Management and Intervention Support flow charts illustrate the steps which will be taken in the event of a drug use incident or issue.

INCIDENT MANAGEMENT PROCEDURES

Situation

Staff member has formed a belief that student/s are thought to:

- Have an altered pattern of behaviour related to possible drug use
- Be in possession of a legal drug
- Be in possession of a suspected illicit drug.



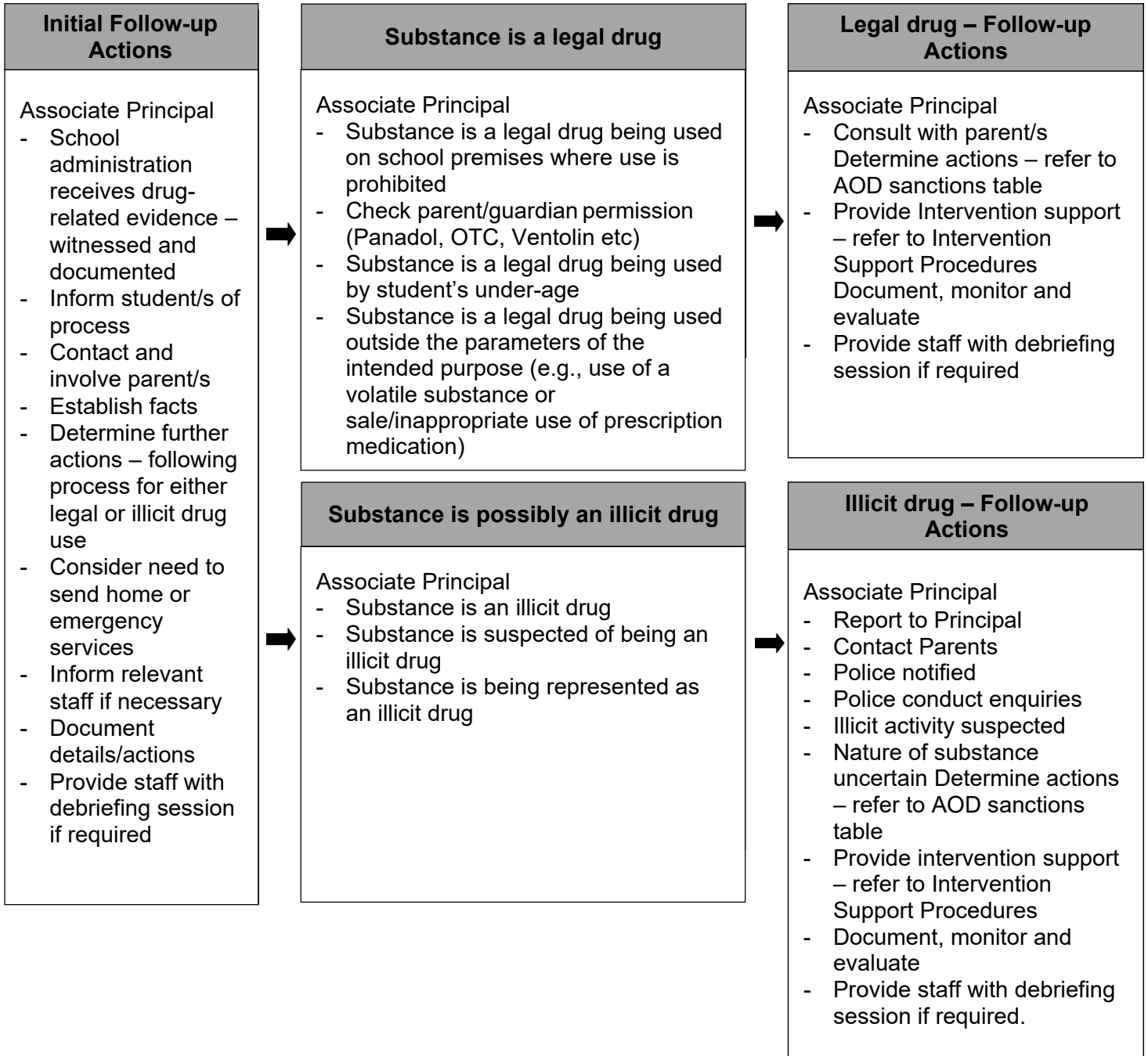
Immediate Action

Staff member will:

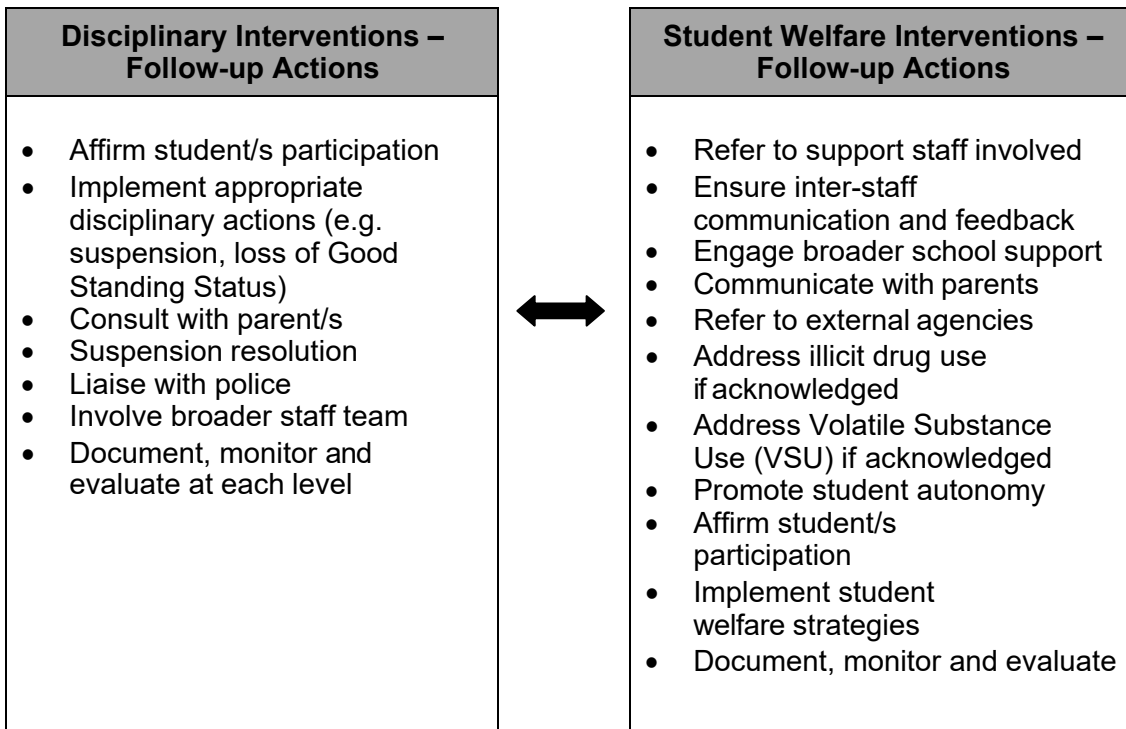
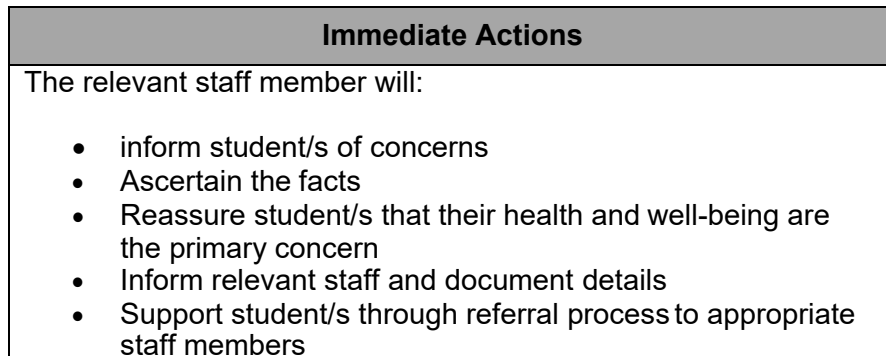
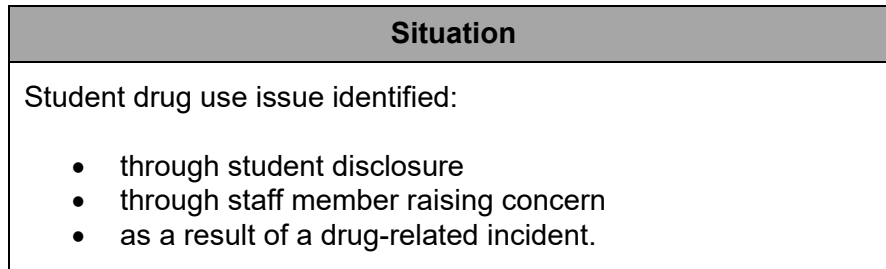
- Maintain a calm presence in the classroom/yard
- Ensure safety of student/s – isolate/remove student from group
- Inform student/s of concerns
- Seek support staff of other staff as required
- Inform relevant Associate Principal

Associate Principal will:

- Escort relevant student/s to safety and provide immediate first aid if required and/or request support of relevant support staff.
- Conduct interview to inform student/s of concerns and
- Attend to others if required.
- Document details



INTERVENTION SUPPORT PROCEDURES



ALCOHOL & OTHER DRUGS (AOD) SANCTIONS TABLE

Incident	First Occasion	Second Occasion	Third Occasion
Possession and/or use of Cannabis and other drugs	5-10 days suspension <ul style="list-style-type: none"> - Referral to College Psychologist or College Nurse for counselling. - Risk assessment by Associate Principal to ensure appropriate behaviour plans are in place to address issues. - Parents and student understand legal position. - Police involvement - Consequences of 2nd offence made clear. 	5-10 days suspension <ul style="list-style-type: none"> - Parents and student asked to undergo out of college counselling - Further risk assessment for college and school by Associate Principal with behaviour plans reviewed. - Police involvement - Consequences of 3rd offence made clear. - Referral to further Health professionals. 	10 days suspension and recommendation for exclusion
Possession and or use of Alcohol	2-5 days suspension <ul style="list-style-type: none"> - Substance confiscated. - Parents notified. - Risk assessment by Associate Principal to ensure appropriate behaviour plans are in place to address issues. - Health professional involvement. 	5-10 days suspension <ul style="list-style-type: none"> - Substance confiscated. - Risk assessment by Associate Principal to ensure appropriate behaviour plans are in place to address issues (if appropriate). 	5-10 days suspension <ul style="list-style-type: none"> - Further risk assessment and behaviour assessment.
Use of tobacco cigarettes, vapes and similar	2-5 days suspension and <ul style="list-style-type: none"> - Items confiscated. - Parents notified. - Referral to College Psychologist or College Nurse for counselling. - Parents and student understand legal position. - Consequences of 2nd offence made clear. 	5-10 days suspension <ul style="list-style-type: none"> - Substance confiscated. - Risk assessment by Associate Principal to ensure appropriate behaviour plans are in place to address issues (if appropriate). - Referral to further Health professionals. 	
Possession of cigarettes, vapes or similar	1-4 days suspension <ul style="list-style-type: none"> - Items confiscated. - Parents notified. - Referral to College Psychologist or College Nurse for counselling. - Parents and student understand legal position. - Consequences of 2nd offence made clear. 	4-10 days suspension <ul style="list-style-type: none"> - Items confiscated. - Parents notified. - Risk assessment by Associate Principal to ensure appropriate behaviour plans are in place to address issues (if appropriate). - Referral to further Health professionals. 	

<p>Supplying Illegal Drug</p>	<p>5-10 days suspension and possible exclusion</p> <ul style="list-style-type: none"> - Referral to College Psychologist or College Nurse for counselling. - Risk assessment by Associate Principal to ensure appropriate behaviour plans are in place to address issues. - Parents and student understand legal position. - Police involvement - Recommendation for external Health professional involvement. 	<p>Recommendation for exclusion</p>	
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In the event of a drug use incident or where a student requires intervention for a drug use issue, the steps outlined in our flow charts for Incident Management and Intervention Support will be followed. In summary:

- the parent/s will be notified by appropriate personnel
- the Principal will notify police if illicit drug use is suspected
- the health and well-being of all parties involved will be given priority.
- both students and parents will be offered support through appropriate interventions
- the incident or issue will be documented and other relevant agencies involved
- respect will be given to privacy and confidentiality by and for all parties

Cape Naturaliste College does not permit students while on school premises, at any school function, excursion or camp to:

- smoke and/or possess tobacco products
- consume, possess or be affected by alcohol
- possess and/or use pharmaceutical drugs for non-medicinal purposes
- possess and/or use volatile substances
- possess and/or use illicit drugs
- possess and/or use drug-related equipment, with the exception of for intended legitimate medicinal use.

All school staff should confirm the procedures regarding the administration of medications to students.

School contacts	Useful contacts and information
<p>Principal Mark Gillett Contact number: (08) 9746 3500</p> <p>Associate Principal Melanie Ryan Contact number: (08) 9746 3511</p> <p>Associate Principal Jacqueline Bovell Contact number: (08) 9746 3513</p> <p>Associate Principal Tenielle Billing Contact number: (08) 9746 3512</p> <p>School Health Nurse Jean McKenzie / Maddison Hunter Contact number: (08) 9746 3517</p> <p>School Psychologist Deb Manook Contact number: (08) 9746 3507</p> <p>School Chaplain Angela Pethick / John Francis Contact number: (08) 9746 3508</p>	<p>School Drug Education and Road Aware (SDERA) (08) 9264 4743 www.sdera.wa.edu.au</p> <p>Alcohol and Drug Information Service (08) 9442 5000 or 1800 198 024</p> <p>Parent Drug Information Service (08) 9442 5050 or 1800 653 203</p> <p>Busselton Police Station (08) 9754 9555</p> <p>SW Community Drug Service Team (08) 9721 9256</p> <p>Alcohol & Drug Support Line (24 hours) 1800 198 024</p> <p>Headspace Busselton (08) 6164 0680</p> <p>Kids Helpline 1800 55 1800</p> <p>Youth Focus (08) 6266 4333</p> <p>Beyond Blue 1300 22 4636</p>