



**Forster**  
**Community College**  
Inspiring Learning and Supporting  
Communities to Prosper

# Promoting of Health & Wellbeing of Learners Policy

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## **Background**

At Forster Community College we believe that promotion of health and wellbeing is about giving our learners information and tools to improve their own, and their families, health.

Health and wellbeing incorporates a number of factors, which include physical, psychological, social, economic and environmental factors. If any of these are out of balance, then this can have a negative impact on wellbeing.

This policy acts a short summary of Health and Wellbeing promotion which is also embedded into other College policies such as; Health & Safety and Mental Health & Stress in the Workplace Policies.

## **The College's Commitment**

We recognise that it is important to understand the needs of learners to create a learning environment conducive to good health and wellbeing. To help achieve this the College:

- Health and Safety Risk assessments (as detailed in the health and safety policy)
- Promotion and support of the onsite "Health Trainer". this NHS service links directly to learners GP.
- Promotion of local services on our Community Notice Board and in the flyer area around the veining machine and reception areas.
- Health related events
- Embedding health themes into learning
- Promotion through the learner hand book
- Promoting health services and events through social media
- Offering healthier food and snack options at the onsite "Pop-up Bistro"
- Encouraging regular breaks
- Listening to individuals personal needs

## **Responsibilities**

Managers will:

- Ensure the right people are recruited to the right jobs and have the right skills
- Ensure employees understand their role and receive the necessary information and support from managers to do their job
- Take action to reduce the risks to learners health and wellbeing
- Ensure good communication between management and employees, particularly where there are organisational or procedural changes
- Ensure staff are fully trained to carry out their duties
- Source appropriate services to learners which the College will host

College Staff Will:

- Raise issues of concern in line with the colleges policies
- Participate in support mechanisms as and when appropriate
- Embed health themes into learn ring
- Ensure all learners receive a learner handbook
- Direct learners to investigate advertised services