Substance Misuse Policy (Senior School)

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St Bede's School Trust Sussex (registered in England with liability by guarantee No. 1386499) Registered Office: Bede's, Upper Dicker, East Sussex BN27 3QH Registered Charity No. 278950

In policies St Bede's School Trust Sussex may be referred to as Bede's/the School/the Trust.

Bede's is committed to safeguarding and promoting the welfare of children and young people, and expects all staff and volunteers to share this commitment.

Vision, Mission and Values

Our Vision
Where every child finds joy in their pursuit of brilliance

Our Mission
We continue to craft a more joyful education.

- Cultivating a vibrant learning experience, motivating us to pursue our individual best.
- Providing a festival of opportunity, enabling us to discover new passions and develop new talents.
- Building a kind-hearted community, inspiring us to enhance the lives of others.

Our Values
Be Compassionate
Because a caring community fosters belonging.
We expect our community to show kindness to people of all ages, genders and ethnicities, maintaining campuses where every person feels joyful and energised.
Be Courageous
Because fortune favours the brave.
We challenge our community to stand up for what is right, providing them with a safe environment where they can take bold action in pursuit of brilliance.
Be Curious
Because wisdom can be found off the beaten track.
We encourage our community to discover unlikely passions and hidden niches, releasing them into a wealth of opportunities inside and outside the classroom.
Be Conscientious
Because dedication is a spearhead of success.
We ask our community to throw themselves wholeheartedly into every endeavour, taking responsibility for their journey and inspiring others to do the same.

Policy Principles/Aims:

I. This Policy relates to drugs, alcohol and any substance that can be misused. Bede's School prides itself on discovering and developing the talents of its pupils; nurturing a safe environment for pupils to grow mentally, physically and socially; encouraging wide cultural reference, positive morals and spiritual growth. Bede's acknowledges that although drugs are widely available, easily accessed and prevalent in society, any form of substance misuse can have detrimental effects on a person's physical and mental health, also affecting other people around them.

II. Bede's values the importance of promoting pupils' self-esteem and emotional wellbeing. Bede's encourages pupils to recognise the importance of pursuing a healthy lifestyle and keeping themselves and others safe. This policy endeavours to reflect these values.

Statutory Guidance:

Associated Trust Policies:

- Child Protection and Safeguarding Policy
- Behaviour Policy
- General Medical and Welfare Policy
- Intimate Care Policy
- Searching and Confiscation Policy
- Health and Safety Policy (re storage of hazardous chemicals)
- Administration of Medicine Policy
- PSHE Scheme of Work

1. The School's Position

I. A condition of admission that parents, on behalf of pupils, accept is the School's right to require a pupil to undergo biological sample tests for substance abuse. A percentage of pupils will be selected indiscriminately every term to undergo a drug test screen. Any pupil can be required to give a urine or hair test, to test for the use of drugs or other substances at any time, without necessarily prior discussion with them of any involvement or contact with drugs. This "random" drug testing is used deterrently not punitively; this is explained to pupils via House meetings, Assemblies and at the time of testing. It is hoped that the knowledge of the likelihood of testing will act as a supportive framework and a deterrent from experimentation.

II. It is the expectation of the School that parents spend time (at the start of the school year) talking their child through this policy, to ensure that they fully understand its contents and the implications if they transgress.

III. The supply, possession or use of drugs by members of the School is unacceptable and is not permitted. This refers to illegal drugs, performance enhancing drugs, solvents and other substances used for abuse including those highlighted in The Psychoactive Substances Act 2016 including illegal substances and those previously known as 'legal highs' or nitrous oxide. This also refers to prescription drugs obtained otherwise than through a legitimate prescription. All these are referred to as "drugs" in the remainder of this document.

IV. The possession of "drug paraphernalia" is unacceptable and breaches of this rule will result in suspension.

V. Whilst maintaining a clear policy of prohibition, as outlined above, with consequent sanctions, the School is committed to providing its pupils with drugs education and pastoral support. The School also operates a drug testing programme. In addition, the School has the right to authorise the use of 'sniffer' dogs to search for illegal substances as part of its Drugs Policy. This may include searching pupils (in accordance with the Education Act 2011), personal belongings, the boarding houses and the campus.

2. Introduction

I. This Policy relates to drugs, alcohol and any substance that can be misused. Bede's School prides itself on discovering and developing the talents of its pupils; nurturing a safe environment for pupils to grow mentally, physically and socially; encouraging wide cultural reference, positive morals and spiritual growth. Bede's acknowledges that although drugs are widely available, easily accessed and prevalent in society, any form of substance misuse can have detrimental effects on a person's physical and mental health, also affecting other people around them.

II. Bede's values the importance of promoting pupils' self-esteem and emotional wellbeing. Bede's encourages pupils to recognise the importance of pursuing a healthy lifestyle and keeping themselves and others safe. This policy endeavours to reflect these values.

3. Aims and objectives

I. The aims and objectives of this policy are to:

a) **Clarify** the School's approach to drug, alcohol and substance misuse for all staff, pupils, governors, parents/carers, external agencies and the wider community
b) **Safeguard** the health and safety of pupils and staff in School and of visitors to the School
c) **Enable** staff to manage drug, alcohol and substance misuse incidents appropriately, with confidence and consistency.
d) **Support**, when possible, pupils whose own drug, alcohol or substance use, or that of a family member, is causing concern, including screening and referral or signposting to external agencies.
e) **State** the legal requirements and responsibilities of the School
f) **Guide** on the development, implementation and monitoring of Bede's drug education programme
g) **Provide** a basis for evaluating the effectiveness of the School drug education programme and the management of incidents involving illegal and other unauthorised drugs and substances

4. Definition and Terminology

I. Unless otherwise specified, where the document refers to **drugs** this includes:

a) alcohol
b) tobacco, electronic cigarettes, Vapes, 'snus'
c) illegal drugs (classified in the Misuse of drugs act 1971)
d) medicines – over the counter and or prescribed
e) new (novel) psychoactive substances ('legal highs')
f) volatile substances that may be inhaled such as solvents and tobacco
g) unauthorised substances – including electronic cigarettes, vaporisers and e-liquids.
h) "legal" drugs (including animal, mineral or vegetable products which have an intoxicating, and/or stimulating and/or hallucinating effect); performance-enhancing drugs; anabolic steroids; glue; solvents

II. The term **Substance misuse** refers to "a broad term encompassing harmful use of any

psychotropic substance, including alcohol and either legal or illicit drugs," NICE (National Institute for Health and Care Excellence 2016). In terms of this document substance misuse refers to any form of ingestible / inhalable / injectable/ transdermal substance including food supplements, vitamins, protein drinks, sports supplements, caffeine, being used to harmful excess**.**

a) **Possession** is defined as a person knowingly having drugs / substances within their personal control i.e. in their hand, pocket, bag, car, room.
b) **Supply** refers to sharing, selling or giving drugs / substances to another person / people. Legally if a person says they are 'looking after drugs' for another, they can still be charged with intent to supply.

III. **The School boundaries:** In terms of the policy's provision include:

a) On the School premises at any time
b) On School transport
c) Participating in a School function in any place at any time
d) In School uniform in a public place, whether on School business or not
e) On any trips organised by the school
f) Shared social media with anyone in the school community.
g) In any context in which the pupil is clearly associated with the School
h) In any context in which a pupil's behaviour has an impact on their Schooling

4. Prohibited substances

4.1 Illegal Drugs

I. Under the Misuse of Drugs act 1971 it is illegal to possess or supply a drug covered by the act (unless authorised) and an offence to knowingly permit these activities. Therefore, the School does not allow anyone to possess, supply or offer illegal drugs on its premises. Any suspected illegal drugs found, or confiscated within the School boundaries will be disposed of appropriately (see disposal of drugs)

4. 2 Alcohol (see appendix 1 for acceptable use of alcohol)

I. It is illegal to sell alcohol to anyone under 18, or for a person to buy alcohol under 18. It is also an offence to buy alcohol on behalf of a person under 18 as stated in the Licensing Act 1964. It is illegal to provide alcohol to any child without the express permission of their parents.

4. 3 Solvents

I. The intoxicating substances (supply) Act 1985 states that it is illegal to supply or offer to supply a substance if they know or believe that the substance being supplied will be inhaled by a person under 18 for the purpose of intoxication.

4. 4 Electronic Cigarettes

I. Electronic cigarettes (e-cigarettes) are devices that mimic real cigarettes. They can deliver nicotine through vapour rather than smoke.

II. E-cigarettes also pose a risk due to the ease with which other unregulated, and highly potent substances, can be ingested via the devices

III. A pupil caught in possession of a vaping device may be tested for use of drugs.

4. 5 New (Novel) Psychoactive Substances were commonly known as 'Legal Highs'

I. New psychoactive substances are defined as anything which "by stimulating or suppressing the person's central nervous system affects the person's mental functioning or emotional state".

II. The **Psychoactive Substances Act 2016**[i] bans all such substances but exempts alcohol, tobacco or nicotine-based products, caffeine, food and drink, medicinal products and any drug that is already regulated under the Misuse of Drugs Act 1971.

4. 6 Sports supplements - Protein drinks/shakes/supplements.

I. Protein shakes or any form of drink supplement, powder or tablet are not allowed at Bede's unless there is specific written advice from a sports nutritionist and Medical Officer which has been discussed with the Medical Team.

II. 'Sports supplement' covers a wide range of products, they can contain a variety of chemicals such as minerals, vitamins, caffeine, creatine and glutamine. The products claim that they can improve performance, give more energy or increase muscle bulk. As these drinks / supplements are not classed as 'drugs' there is no regulation in their manufacture, as a result there can often be contamination with other chemicals, for example banned substances, during the manufacturing process, with no governing body testing the safety and effects of the usage. There is no clinical evidence that a young athlete who already eats a healthy, well-balanced diet with plenty of fruit and vegetables, who refuels correctly after exercise and who maintains adequate hydration before, during and after exercise will improve their performance by taking supplements.

III. In addition, performance enhancing drugs, as defined by the World Anti-Doping Agency (WADA) Code, fall within the scope of this policy.

4. 7 Energy Drinks

I. Energy drinks such as Red Bull and Lucozade Energy, with very high caffeine content or containing other stimulants

4. 8 Vitamin supplements

I. Unless prescribed, vitamin supplements are prohibited. The School Medical Officer or Medical Team will need to check every supplement requested for a pupil and will only be approved if clinically indicated. The exception to this is the use of a paediatric multivitamin

II. Most people do not need to take vitamin supplements, because they get all the nutrients that they need from a healthy, balanced diet

5. The School's stance towards drugs, health and the needs of pupils

I. Bede's first priority in managing drugs is the health and safety of the School's community and meeting the pastoral needs of all pupils.

II. Bede's considers that to be in possession, to use and/or supply illegal and other unauthorised drugs is not acceptable within the boundaries of the School.

III. Authorised medication is stored securely and safely on site, and only issued by a member of staff who has received training in administration of medicine by the Medical Team. In special circumstances a pupil may be allowed to self-administer medication after being assessed and gaining consent from the Medical Team, keeping a supply of medication in a locked cabinet in their room. (In accordance with Bede's Administration of Medicines Policy).

IV. Bede's is a no smoking environment including e-cigarettes. (Health Act 2006) Smoking by staff and visitors is not permitted within the School except in designated areas.

6. Sanctions

I. Please refer to Appendix 2 of the Bede's Behaviour Policy

II. **Drug testing** Any pupil can be required to give a urine or hair test, to test for the use of drugs or other substances at any time, without necessarily having a prior discussion with them regarding any involvement or contact with drugs. It is the Deputy Head, in consultation with the Head, who may require a pupil to give a biological sample for testing.

The School will take a particularly proactive response with its testing, in the following situations:

a) the pupil may have been implicated in some incident when drugs were abused, but not actually caught;
b) there may have been an admission of, or strong suspicion of, drug abuse out of School
c) abuse at School a long time ago may come to light at a later date
d) a change in behaviour or attitude, such as; a fall-off in quality of work or unexplained fluctuations in mood
e) concern expressed by parents or others
f) past record at a previous School.

**This list is not exhaustive and other situations may raise concern leading to a decision to complete drug testing.

7.1 Random Drug Testing Protocol

I. If a pupil is identified as requiring testing they will be referred to the Deputy Head (DH). The DH will then meet with the pupil and inform them that they will be going on the Random Drug Testing Programme (RDTP). The DH will inform the parents of this via letter, and will also notify the Medical Team. The Medical team will then call upon pupils on the RDTP to be tested on a regular (termly) yet random basis.

II. Any drug screen will be completed in the Medical Centre by the Medical Team accompanied by an appropriate member of staff.

III. Test results are sent to parents through the DH. The Housemasters/mistresses will inform the pupil of the result (unless the test is positive and then the pupil will see the DH). Should a pupil test positive for any substance their place at the school would be put in jeopardy.

IV. If the pupil refuses to give a sample, reference should first be made to the parent(s) / guardians and carers who should be invited to instruct the child to comply with the request to give a sample (as outlined in the Trust's Terms and Conditions). If it is not possible to contact the parents, or the parents decline to instruct the child to comply, or the child continues to refuse to comply despite instruction to comply from the parent(s) / guardians and carers, the School will proceed as if the sample had been given and the test had proved positive.

7.2 Procedure in the event of a positive drugs test.

I. If the School rules have been broken, the sanctions (Behaviour policy appendix 2), will be applied.

II. If the School rules have not been broken, parents will be informed and a course of action agreed between the School and home which would involve joining the RDTP (Random Drug Testing Programme). Pupils may remain on the RDTP for the duration of their time at the school, depending on the progress that they make and the manner in which they respond to the support and guidance provided. In the main pupils will remain on the programme for one calendar year, and during that period they will be required to comply with no less than six randomly timed tests.

Appendix 1

Acceptable Consumption of Alcohol at Bede's School

Guidelines for pupils' alcohol consumption at school functions and for pupils for whom the school is in *loco parentis*.

1. Rationale:

I. At Bede's we seek to educate the pupil holistically and we are committed to the health and safety of all members of the school community. Pupils are educated in the physical and social effects of alcohol consumption through the PSHE and science programmes as well as through occasional 'guest speakers'. Bede's recognises that moderate drinking of alcohol at an appropriate age is considered by many to be socially acceptable and as such seeks to reflect these social norms in the life of its pupils whilst preventing the abuse of alcohol by pupils. The school's disciplinary procedures will be used to punish any pupil who wilfully abuses alcohol and parents/ guardians will be contacted.

2. The School's legal responsibility:

I. The School appreciates that it is illegal to supply alcohol to anybody under the age of eighteen. The exception to this rule is that a person who is sixteen years or older may be served wine, beer or cider at a "sit down, set meal". Alcohol can be served to pupils aged eighteen or over but only in moderation at the discretion of the member of staff in charge at the time. Where a pupil is sixteen years or older he/she may be served alcohol at a meal, but only wine, beer or cider and only in moderate amounts, at the discretion of the member of staff in charge at the time.

II. In order for the school to comply with their legal responsibilities, permission for pupils (over the age of 16) to drink will be sought at the start of the academic year (or when the pupil joins the school if they start after this date) from Parents/ Guardians and this will be valid from the date of their 16th birthday. The permission will then be held by the relevant housemaster/mistress.

3. Medical guidelines

I. 'Safe' daily drinking levels are currently set at 3-4 units for men and 2-3 units for women. These levels are deemed by the NHS to be safe for 'regular' consumption and apply to adults. The School recognises that the 6th form and Pre-6th pupils have not reached physical maturity yet so it will take these levels as being higher than ideal.

4. The consumption of alcohol at school functions:

I. Permission to consume alcohol at any event must be given by the pupil's housemaster/mistress after the school has received written confirmation from parents/guardians.

II. Pupils may be served alcohol if accompanied by a 'sit-down' meal. In this case the pupil must be 16 years of age at the time of the function.

III. Pupils over the age of 18 may be served alcohol but they should be encouraged to eat with their

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drinks

IV. Spirits should NOT be served to pupils at any school functions. Fortified wines, such as Sherry and Port, are also not to be served.

V. Wine must be served by the glass by staff. Bottles of wine may not be given to pupils. *

VI. There should be an 'attractive' alternative to alcoholic drinks available at all times.

VII. It is the right of the staff supervising at any event to deny alcohol to any pupil who is behaving contrary to the normal acceptable standards expected at Bede's. If a member of staff feels that a pupil is intoxicated they will not serve them any more alcohol and report the information to the pupil's head of house immediately.

VIII. No pupil is allowed to bring alcohol onto the school premises.

IX. No alcohol will be served to any pupil who is known to be driving to or from an event.

X. All public houses are out of bounds to all pupils unless accompanied by a member of staff. The accompanying member of staff must also have been given the consent of the housemaster/mistress for pupils to drink alcohol. Exceptions to this rule are: The Friday evening meal at the Plough which is open to upper 6th boarding pupils with their housemaster's/mistress's permission and other trips to the Plough as authorised by the housemaster/mistress.

XI. Some pupils require medication regularly. Many medications may interact with alcohol and therefore the pupil should refrain from consuming alcoholic beverages of any amount. If a pupil is known to be taking medication, advice should be sought from the Medical Team about the safety of drinking alcohol alongside their medication and whether or not the pupil should be allowed to consume alcohol.

5. Disciplinary procedures:

I. Bede's relies on the trusting relationship that exists between the staff and pupils for events to run that allow the serving of alcohol. If this trust is broken then the School must take action to ensure the pupil(s) who have breached these guidelines are dealt with in accordance with the school's disciplinary policy. The School also makes a distinction between those pupils over the age of 16, either in the 6th form or the Pre-6th, and those pupils who are below 6th form.

II. The School may require pupils who are suspected of being drunk to give a breath sample. This may be carried out by the Deputy Housemaster/Mistress, Housemaster/ Mistress or any member of the SMT.

6. Alcoholic measures

I. For the purpose of these guidelines the limit to the number of alcoholic drinks allowed to each pupil will be decided beforehand by the Deputy Head but will not usually exceed 2 drinks (a drink in this case refers to a standard, 175ml, glass of wine or a 330ml bottle or half a pint of lager or beer) *. Consideration will also be given by staff to the strength of the drink, the speed that it is

drunk and whether the drinker is used to alcohol or not.

***Leavers Ball**

I. The Leavers' ball is an exception to the guidelines listed for alcoholic measures and consumption of alcohol at school functions. The ball is supervised by staff, and some parents assume parental responsibility so there is a change to the *in loco parentis* parameters. During this occasion, the staff and parents should monitor the general behaviour of the students and ensure that the consumption of alcohol by students is not excessive.

If school staff have reasonable grounds to suspect that a pupil has arrived intoxicated to this or other school events, senior pastoral staff can request that a breathalyzer test is taken prior to permitting access to the event. If this gives rise to a positive result the pupil can be denied entry to the event.

Appendix 2

Incident Management

1. Intoxication

I. If a pupil is intoxicated (under the influence of alcohol / solvent / substance misuse or drugs) staff must assess the situation and if at immediate risk i.e. unconscious, having difficulty breathing, seriously confused and disorientated **Call an Ambulance, call the Medical Team or Night Matron (if out of hours)** and seek help from another member of staff.

2. If conscious:

a) Ask what substance has been consumed, how and why.
b) Collect any drug / substance samples.
c) If there is vomit do not clean up as may be used for medical analysis.
d) Keep under observation warm and quiet.

3. If unconscious:

a) Check they can breathe and place in the recovery position.
b) Stay with them until help arrives

4. If there is no immediate emergency:

a) Contact the Medical Team (Mon- Fri 8.30-5pm) or Matron/ Night Matron
b) Confiscate any drugs / substances / paraphernalia.
c) Record the information

5. Drug use

I. If a pupil is discovered to be supplying an illegal drug and or in possession of an illegal drug, the drug is to be confiscated immediately and handed over to the police.

II. The Deputy Head and the pupil's Housemaster/ mistress are to be informed at once.

III. The facts should be ascertained and recorded with an assessment of the situation.

IV. The parents / guardian must be informed.

V. The Deputy Head will inform the Director of Safeguarding, and where necessary the police

VI. A pupil supplying or intending to supply drugs is liable to be excluded from the School permanently. Each case will be considered on an individual basis according to the Behaviour Policy.

VII. Whatever the outcome of a disciplinary procedure the School will follow up with a support plan which may include random drug testing, referral to the Medical Team, referral to the School Counsellor, referral to local substance misuse service. The School may recommend family support, assessment and involvement.

VIII. Psychoactive Substances will be treated in the same manner

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6. Alcohol Use

I. If a pupil is in possession of alcohol their Housemistress or Housemaster or an alternate senior member of staff should be contacted.

II. The alcohol should be removed and stored safely.

III. The facts should be ascertained and recorded with an assessment of the situation.

IV. Appropriate action will be taken in accordance with the Behaviour Policy.

V. Parents / guardians will be informed contacted

VI. The pastoral staff will consider whether a welfare plan or care plan needs to be put in place, and / or referral to the School Counsellor, Medical Team or to outside services

7. Solvent Use

I. If a pupil is in possession of a solvent with intent to inhale, their Housemistress or House master must be informed immediately.

II. The solvent should be removed, disposed of or stored safely.

III. The facts should be ascertained and recorded with an assessment of the situation.

IV. Appropriate action will be taken in accordance with the Behaviour Policy.

V. Parents / Guardians will be contacted

VI. The pastoral staff will consider whether a welfare plan or care plan needs to be put in place, and/or referral to the School Counsellor, Medical Team or to outside services.

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Appendix 3

Substance Misuse Education

1. Introduction

I. Bede's drug education aims to develop the knowledge, skills and attitudes to appreciate the benefits of a healthy lifestyle, promote responsibility towards the use of drugs and relate these to pupils' own actions, both in the present and into their adult lives.

II. Drugs education is delivered as part of the PSHE programme, as well as through Religious Studies, Biology, Chemistry and Physical Education lessons. The PSHE drug education is backed up in tutor time allowing pupils to explore issues further in a safe and supportive environment, where pupils are aware of the School rules, feel able to engage in open discussion and feel confident about asking for help if necessary. The education programme is supported by the whole school community, including parents, tutors, house staff, the School Counsellor, Medical Team and the Head of PSHE. This allows pupils to engage in conversation and seek information in formal and non-formal settings.

2. The objectives of drugs education

I. To be relevant and responsive to the developmental stage and circumstances of the pupils, matching age, maturity and the experience of the pupils, including the consideration of vulnerable pupils and pupils whose parent(s) / guardian may be involved with drugs.

II. To minimise risk factors associated with drugs and substance misuses and to enhance protective factors.

III. To give pupils sufficient time and the appropriate atmosphere of enquiry to explore the issues of drug use, societal values in relation to drugs, and to develop their own attitudes towards drug use.

IV. To enable pupils to make informed decisions about their own drug use, both legal and illegal drugs, recognising that drugs are part of our society.

V. To use credible, reliable and up-to-date sources, providing accurate information on substances, their effects and the legal consequences of possession, supply and use.

VI. To provide pupils with opportunities to develop social skills; manage and recognise risks; solve problems and communicate effectively.

VII. To prepare pupils for occasions where they may be offered drugs and how to respond and abstain, or delay the first onset of use.

VIII. To identify sources of support for pupils, parents / guardians, teachers and the wider School community, such as the School Counsellor, Medical Team, Designated Safeguarding Leads, The

School Chaplain and external agencies.

IX. To challenge misperceptions about the prevalence and acceptability of drug use among peers.

X. To explore and examine attitudes to drugs and drug users, considering cultural, political and spiritual attitudes / beliefs, valuing diversity and differences within society.

XI. To gain the knowledge about who can help if a pupil does identify a concern whether with themselves, peers, or family, and how an understanding of confidentiality would support a disclosure of information.

3. Staff training and development

I. Bede's believe that School staff are in the best position to consider the most appropriate response to delivering drugs education and tackling drugs within the School.

II. The School aims:
   a) to ensure the implementation of the Schools drugs education is effective and that staff respond consistently and appropriately to a drug related incident
   b) that staff have access to high quality training and support, enabling them to support pupils' welfare as well as education
   c) to provide guest speakers who specialise in drugs misuse who visit the School to support staff with up-to-date information and training
   d) to provide staff with access to training in basic awareness of drugs; first aid; an understanding of confidentiality and disclosure; awareness of the drugs training programme in PSHE; access to the School's policies

III. The School has a named member of staff who is responsible for planning and implementing the drug education programme. This is the members of staff with responsibility for PSHE.

Appendix 4

Extract from Behaviour Policy

1. Drugs and Substances

a) The supply of drugs and substances.
b) Possession or use of drugs and substances.
c) Other involvement with drugs and substances.

I. Where there is suspected involvement with drugs and substances, pupils may be asked to supply a urine sample for analysis before sanctions are imposed.

II. Unless otherwise specified, where the document refers to **drugs** this includes:

a) alcohol
b) tobacco
c) illegal drugs (classified in the Misuse of Drugs Act 1971)
d) medicines – 'over the counter' and or prescribed (unless authorised by school medical team)
e) new (novel) psychoactive substances (formally known as 'legal highs', now classified in the Psychoactive Substances Act 2016)
f) volatile substances that may be inhaled such as solvents and tobacco
g) unauthorised substances – including electronic cigarettes
h) "legal" drugs (including animal, mineral or vegetable products which have an intoxicating, and/or stimulating and/or hallucinating effect); performance enhancing drugs; anabolic steroids; glue; solvents

III. **Substance misuse** is a broad term encompassing 'the harmful use of any psychotropic substance, including alcohol and either legal or illicit drugs. Use of such substances is harmful when it has a negative effect on a person's life, including their physical and mental health, relationships, work, education and finances or leads to offending behaviour." NICE (National Institute for Health and Care Excellence) 2016. In terms of this document substance misuse refers to any form of ingestible / inhalable / injectable substance including food supplements, vitamins, protein drinks, sports supplements, caffeine, being used to harmful excess.

2. Alcohol and Tobacco

a) Bringing alcohol on to School premises.
b) Consuming alcohol on School premises.
c) Supplying alcohol to other School pupils, including those aged 18 and over.
d) Bringing tobacco or any product containing tobacco onto School premises.
e) Using tobacco or any product containing tobacco on School premises.
f) Supplying tobacco or any product containing tobacco to other School pupils.
g) E cigarettes (including 'vaping')