ST CATHERINE'S SCHOOL BRAMLEY

WHOLE SCHOOL HEALTH AND WELLBEING POLICY

'Believe… Achieve… Succeed'

Policy Holder	Linda Green, Jo Taylor and Kirsty Meredith
Date Approved	September 2026
Approval	Pastoral and Wellbeing Committee
Date for next review	September 2027

This policy is reviewed annually or following significant changes in statutory guidance.

The Policy

This policy sets out the School's approach to safeguarding and promoting the **physical and mental health** of all pupils from Pre-School to Sixth Form. The School recognises its duty of care to act in partnership with parents and to work transparently to ensure pupils' best possible health, wellbeing and developmental outcomes.

Parents' obligations to sharing all relevant health and medical information relating to their daughter and then keeping the School updated of any changes in this regard is outlined in the Parent Contract. This is signed prior to their daughter joining the School.

Regulatory Framework

This policy is informed by:

- Independent School Standards Regulations (ISSR) 2026
- Keeping Children Safe in Education (KCSIE) 2026
- Working Together to Safeguard Children
- Relationships, Sex and Health Education (RSHE) Statutory Guidance 2026

- Equality Act 2010
- National Minimum Standards for Boarding (where applicable)
- Department for Education Guidance
- Public Health England
- NICE Guidelines

It should be read in conjunction with the following policies:

- First Aid
- Safeguarding and Child Protection
- PSHE / RSE / PSHE and RSHE (Prep School)
- SEND and Inclusive Learning
- Allergy and Anaphylaxis
- Health and Safety
- Drugs
- Administration of Medication
- Head Injury
- Management of Self-Harm
- Educational Visits.

Promoting Health and Wellbeing

The School aims to:

- Create positive relationships with pupils and parents, to achieve the best wellbeing outcomes for our pupils.
- Promote healthy lifestyle habits including sleep, nutrition, exercise, puberty education, sexual health, and safe use of technology.
- Support pupils' emotional development, resilience and self-awareness.
- Identify concerns early and respond swiftly.
- Provide access to high-quality physical and mental health care on site.
- Work collaboratively with parents and, where required, external health professionals.

Wellbeing is supported through the Form Teacher/Tutor and House systems, PSHE/Futures: Life curriculum (including statutory RSE), pastoral care structures and the School Health Centre.

Guidance for Parents

The School has united with Tooled Up Education to provide a wealth of information and research-based advice for parents of all ages on a vast array of wellbeing, health, safeguarding and academic areas.

The Futures: Life pages of the website for each School detail the curriculum and the mandatory Relationships and Sex Education programmes.

Health Centre and Staffing

The Health Centre is staffed by 5 registered nurses .

Additional provision includes:

- School Medical Officer (School Doctor) holding weekly clinics and available for clinical oversight.

- Resident Clinical Psychologist (HCPC registered).
- BACP-registered School Counsellor.

The team provides medical care, mental health support, vaccination programmes, first aid oversight and staff training.

The people with whom to raise any health and wellbeing concerns are:
Your daughter's Form Teacher (Prep School); Tutor or Head of Boarding/Heads of their Boarding Houses (Senior School) via that person's email address.

Where the matter is specifically related to physical health, please contact the Health Centre via:
Telephone: 01483 899630
Mobile: 07789 354664 for the Health Centre staff on duty during termtime.
Email: health.centre@stcatherines.info

Where the matter relates to mental health or general wellbeing, please speak to your daughter's Head of House for appropriate signposting.

Access to Care

- Pupils may attend the Health Centre during the school day; they are encouraged to do so in break times unless urgent;
- Parents may contact the Health Centre via telephone or email (see contact details above).

For Boarders

- Full boarders register with the School Doctor and receive an introductory health check.
- The School Doctor provides NHS care to boarders registered at the local surgery.
- Boarders have access to appropriate local medical and health agencies including specialist services, dental and optometric services as needed.
- Fitness to board is assessed by the School Doctor and Lead Psychologist in consultation with relevant professionals.

Medical Records and Confidentiality

- School medical records are held securely on the School's information system and follow GDPR and Data Protection Act 2018 requirements.
- Pupils have the right to access their medical records.
- Parents are required to complete and submit Medical Parent Consent Forms when their daughter joins the School and this information should be updated via Involve.
- Health information is shared only on a need-to-know basis, with pupil consent wherever possible, except where safeguarding concerns require information sharing.
- Notable family/personal circumstances should also be shared.
- Further information may be requested to ensure care plans, where necessary, are effective.
- Boarders' confidentiality, rights, privacy, and dignity as patients are fundamental and are appropriately protected. This includes the right of a boarder deemed to be 'Gillick Competent' to give or withhold consent for their own treatment. For further information see: https://learning.nspcc.org.uk/child-protection-system/gillick-competence-fraser-guidelines

Management of Health Needs

Allergies and Special Diets

- The Allergy and Anaphylaxis Policy sets out how we support our pupils with allergies to ensure their safety, wellbeing and inclusion.
- All dietary needs and allergies are recorded. The School has a register of pupils who have a diagnosed allergy.
- St Catherine's School is an "Allergy Aware School" minimising the risk of severe reactions through compulsory staff training and emergency protocols.
- The School asks that no products containing peanuts or tree nuts are brought onto the school site.
- Every member of staff completes allergy awareness training, so staff are aware of how to use adrenaline auto-injectors (AAIs) and where they are located around the School site.
- Each pupil with an allergy has an Individual Healthcare Plans (IHPs) in place. This includes information on the known allergens and risk factors for allergic reactions, details of medication prescribed including adrenaline auto-injectors, antihistamine, inhalers… and a copy of their Allergy Action Plan.
- The counters in the Dining Hall include an allergen focused counter where all pupils with allergies or dietary requirements are directed to. A different colour tray will be used by all pupils with allergies/dietary requirements to make all staff aware of this.

Medication

- Parents are asked to inform the School if their daughter needs to take medication at school and to complete the Medication Permission Form available via Involve.
- All medicines must be handed to Health Centre (or Prep School office staff for Prep School pupils) in original packaging, clearly stating child's name, dosage, frequency and expiry date and with written parental consent.
- Boarding Houses hold small supplies of authorised over-the-counter medication which can be given following consultation with the medical sister on call.
- All medication is stored safely and securely, and accurate records are kept of its administration. Staff are properly trained to provide the support that pupils need when administrating medicines.
- Parents are asked to complete a consent form when their daughter joins the School which permits Health Centre staff to administer over the counter medication to pupils under the age of 16 (e.g. paracetamol, antihistamines).
- Only pupils in year UII (Year 5) and above should carry their two adrenaline auto-injectors with them at all times, if age and capability appropriate.
- Pupils with other emergency or essential medications including insulin and asthma inhalers are permitted to have these with them at all times and for younger pupils these will be looked after by the staff overseeing their daily needs.
- Pupils over the age of 16 who are allowed to self-medicate are assessed as being sufficiently responsible to do so.
- Sixth Form boarders may store medication in a locked space with permission.
- For boarders, prescribed medicines are given only to whom they are prescribed.
- Controlled medications are stored securely and administered by the Health Centre staff or appropriately trained members of staff. This applies to all pupils including those over the age of 18 years.
- Unused medicines are returned or disposed of safely.

Injuries, Mobility and Accidents

- Parents must notify the School in advance if a pupil is to return to school with crutches or a wheelchair.
- Accidents are assessed and recorded on Medical Tracker, RIDDOR reporting is completed where required.
- NHS concussion guidance is followed.

Infectious Illness

- Pupils with infectious conditions are isolated and parents informed.
- A 48-hour exclusion period applies for vomiting/diarrhoea.
- Notifiable diseases are reported to Public Health authorities.

Long-Term or Serious Conditions

- Absence due to health conditions must be supported by evidence from a healthcare professional.
- We will also notify the Local Education Authority and fulfil our statutory safeguarding responsibility in terms of pupil attendance and notify parents when this is relevant.
- Reintegration plans will be agreed with families and relevant clinicians.
- On rare occasions, students may not be able to attend school longer term. In such cases, in may be appropriate for the pupil/family to move to an alternative provision in order to access a full education online. The school will assist the family in transferring from St Catherine's School to online learning via the Local Authority or an alternative provider if they are not able to resume in-person learning.

Mental Health Support

Staff are trained in mental health awareness, and many have completed a Mental Health First Aid qualification. Staff can refer pupils to the School Nursing Team, Resident Psychologist or School Counsellor. Sixth Form pupils may self-refer.

Staff are mindful that mental health can be an indicator of, and contributing factor to, safeguarding concerns. Where such concerns are present, they will share them with one of the Designated Safeguarding Leads.

Assessment and Therapy

- Initial mental health assessments are funded by the School.
- Therapy may be offered in-house (part-subsidised), usually in blocks of six sessions.
- If a pupil is referred for therapeutic support in school, a Therapy Agreement will be sent to parents prior to the first contact. This will need to be read, signed and returned by the parent and the pupil for the initial consultation appointment to go ahead. This agreement defines the conditions of the therapeutic work, such as confidentiality, fees, cancellations and reviews. Any concerns or questions can be directed to the clinician prior to signing the agreement.
- Sixth Form pupils may access up to six funded counselling sessions and can sign their own therapy agreement without input from parents.
- External referrals (NHS or private) are supported; liaison with external clinicians is encouraged for continuity of care.

- Our Resident Psychologist and/or School Doctor may be asked to comment on a pupil's fitness to attend school or fitness to board. Parents will be advised of such advice although the final decision will be made by the Head.

Managing Risk: Eating Disorders, Self-Harm and Suicide

- Eating disorders and self-harm are managed via strict protocols due to their associated risks.
- Parents are informed of concerns and advised to seek medical assessment.
- Pupils must be medically safe to participate in physical activities; below 85% weight-for-height requires medical clearance in the form of written correspondence from the pupil's GP or suitable Health Professional.
- Risk assessments and safety plans are required for attendance. These may be offered by our Resident Psychologist, if appropriate.
- Risk assessments and multidisciplinary planning are essential for all pupils regarding their fitness to attend school and/or boarding
- Emergency concerns require immediate referral to A&E.

Day Trips and Residential Visits

- Trip leaders receive relevant medical information and emergency plans.
- Only trained staff may administer medication, with parental consent.
- Records of any medication administered are kept by the trip leader.
- Risk assessment and approval from a health professional may be required to ascertain a pupil is fit to attend a trip.
- Pupils must have their medication and Allergy Action Plan or Individual Health Care Plan with them when leaving school site, for a sports match, trip or residential.

Health and Safety Responsibilities

- Nurses train staff in first aid, emergency medication and the use of defibrillators and adrenalin auto-injectors (AAIs).
- Hygiene and clinical waste procedures are in place and regularly reviewed.
- The Senior Nursing Sister reports to the Governors' Pastoral and Wellbeing Committee and sits on the School Health and Safety Committee.

Parental Responsibilities

Parents must:

- Provide accurate and up-to-date medical information on joining and throughout schooling.
- Inform the School promptly of any illness, injury, mental health concern or change in treatment.
- Work in partnership with the School and health professionals to support their daughter's wellbeing.