



theHammond

COLLEGE WELLNESS POLICY

2023-24

THE HAMMOND SCHOOL LTD., MANNINGS LANE, CHESTER, CH2 4ES

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The Hammond School Limited is registered in England and Wales Number 838325. Registered office is above. Charity Number 1022427 incorporating the Betty Hassall Foundation. The school is accredited by the I.S.A and C.D.E.T. and is a member of the B.S.A and I.S.I.

Intent

The Hammond is committed to supporting wellness because we recognise the crucial role it plays in students' academic success, personal development, and overall well-being.

The Hammond is committed to:

Student Success: we understand that student success extends beyond academic achievement. By supporting wellness, we aim to create an environment where students can thrive physically, mentally, and emotionally, which positively impacts their ability to focus, learn, and excel academically.

Holistic Development: we recognise that education should encompass more than just academic knowledge and training. We value the holistic development of students, including their physical health, emotional resilience, social connections, and personal growth. By supporting wellness, we can foster a well-rounded educational experience.

Mental Health and Well-being: we acknowledge the increasing prevalence of mental health issues among students and the impact it has on their lives. By prioritising wellness support, we strive to create a culture of mental health awareness, reduce stigma, and provide resources for students to seek help and support.

Prevention and Early Intervention: we understand that prevention and early intervention are key to addressing wellness concerns effectively. By implementing wellness programs and initiatives, we aim to equip students with knowledge, skills, and resources to prevent issues from escalating and to intervene at an early stage when needed.

Student Retention and Graduation Rates: we recognise that students who are well-supported and have their wellness needs addressed are more likely to persist in their studies and graduate successfully. By prioritising wellness, colleges aim to improve student retention rates and increase graduation rates.

Creating Supportive Communities: we aim to create a supportive and inclusive community where students feel valued, connected, and supported. By promoting wellness, we foster a positive campus culture that encourages healthy relationships, empathy, and mutual care among students, faculty, and staff.

Preparation for Life beyond College: we recognise that promoting wellness equips students with lifelong skills and habits that are essential for their personal and professional lives. By providing wellness support, we help students develop resilience, stress management skills, healthy coping strategies, and self-care practices that can benefit them beyond their college years.

In summary, The Hammons is committed to supporting wellness because we understand its profound impact on students' success, holistic development, mental health, and overall college experience. By prioritising wellness, we create an environment that promotes student well-being, fosters personal growth, and prepares students for a fulfilling and balanced life.

Implementation:

The purpose of the college wellness scheme of work is to provide a structured and comprehensive plan for promoting holistic well-being among college students. It aims to address various dimensions of wellness, including physical, emotional, social, intellectual, spiritual, occupational, and environmental, in order to support students' overall health and flourishing.

The scheme of work helps create a consistent and intentional approach to wellness education and activities throughout the college curriculum. It provides a framework for educators to plan and deliver lessons, activities, and resources that foster positive habits, knowledge, and skills related to well-being. By integrating wellness into the college curriculum, the scheme of work aims to enhance students' understanding, engagement, and practice of behaviours that promote their physical and mental health.

Additionally, the scheme of work recognizes the importance of preventative measures, early intervention, and support for individuals experiencing challenges related to wellness, such as stress, mental health issues, substance abuse, or body image concerns. It provides resources and activities that promote self-awareness, self-care, resilience, and the development of healthy coping strategies.

Ultimately, the purpose of the college wellness scheme of work is to empower students to take an active role in their well-being, equip them with the knowledge and skills necessary to make informed choices, and create a supportive college environment that fosters their overall health, happiness, and success.

Policy Details

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