

HEALTH AND WELLBEING POLICY AND PROCEDURE

Introduction

Varsity International is committed to encouraging children to lead an active and healthy lifestyle. This is achieved by promoting healthy eating on camp, practicing good hygiene, and encouraging children to participate in physical activities.

Senior Staff Member in charge of Health and Wellbeing

Varsity International will appoint a senior activity instructor for the season who has the specific responsibility to champion the health and wellbeing of the student in our care.

Promoting good Health

Varsity International's programmes are specifically designed to encourage children to take part in fun, stimulating activities, many of which are based around sports or physical exertion. Our Instructors are trained to deliver these activities so that children enjoy the activity whilst also developing new skills. Varsity International encourage all children to drink plenty of water and to apply sun cream before going outside during hot and sunny weather - sun cream is provided on camp for students to use.

Food and Nutrition

Varsity International provide access to water throughout the day for all students.

All meals are provided, and we offer balanced, nutritious meal choices working closely with the catering teams at our host schools. A range of dietary needs are catered for as standard and specific dietary needs are catered for, information for which is given as part of the booking process.

Children with specific dietary needs are given a specific 'meal lanyard' so catering staff can easily spot them and serve them with the correct food.

Staff eat their meals in amongst the student as well as a staff member monitoring the food choices students are making. Staff will monitor (by observations and discussions) what each child is eating to ensure they are eating a balanced diet, eating enough and are enjoying the food.

Personal Hygiene

Staff on our camps encourage good hygiene and children wash hands before handling food, after visiting the toilet and after any messy activities.

Staff encourage students to wash themselves, brush teeth and change their underwear daily – this is especially important for younger students who may be away from home for the first time without a parent to manage/oversee these aspects.

Female staff will help young girls with feminine hygiene. Sanitary bins are placed in all female toilets and Varsity International has a stock of feminine sanitary product should students require them.

Physical and Mental Wellbeing

Staff are encouraged to informally chat to students regarding how they are feeling both physically and mentally. All staff undergo Varsity International safeguarding training and are trained to follow the Safeguarding Policy and Procedure should they be worried about a student or if a student discloses information to them.

Aspects such as homesickness, a student not enjoying an aspect of the programme or any other aspect that may be having a negative impact on the student's experience must be passed to the Senior Staff Member in charge of Health and Wellbeing so it can be addressed.

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