

Wellbeing Policy

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Policy

Wellbeing procedures encompass a range of strategies and actions designed to promote and maintain the physical, mental, and social wellbeing of individuals and groups.

Students may experience a range of issues which can impact on their learning experience and ability to engage in their studies. These issues may include:

- Difficulty in focusing on study and assessments
- Financial pressures
- Mental health issues
- Multicultural issues
- Abuse, harassment, or violence

Procedures

Sacred Heart International College will provide learners with information on the importance of their wellbeing in order to progress satisfactorily with their studies. Whilst SHIC does not provide detailed wellbeing services, the College can provide general information on study skills, and how students can best manage their time.

As part of its enrolment processes, Sacred Heart International College will provide details of organisations which can assist students who need support or advice regarding:

- Financial issues
- Mental health issues
- Culture specific support
- Support in regard to abuse or violence

Because much of the student's learning and assessment activities are conducted at the student's workplace, Sacred Heart International College will maintain regular contact with students and their supervisors to monitor the student's wellbeing.

Sacred Heart International College will monitor the academic progress of students. Where students appear to be having difficulties with their studies, staff at SHIC will contact the students to attempt to ascertain the causes of the poor progress. If this appears to be related to the student's wellbeing, trainers will provide advice on study skills and other academic matters, and staff will refer the student to relevant support agencies for other forms of support.

Sacred Heart International College will ensure that staff are fully aware of wellbeing issues and the action to take if it is identified that a student is having difficulty with their wellbeing.

SHIC promotes a culture that supports good wellbeing and mental health by:

- fostering respectful and inclusive behaviour;



- encouraging staff and students to participate in wellbeing and health-promoting activities
- providing tailored support to help students thrive, and assist those experiencing poor wellbeing.

Sacred Heart International College will seek feedback from students annually on their wellbeing and the student services provided by SHIC. The College will act on this feedback and amend its processes to address any shortcomings identified in the feedback.