



## PLAN FOR THE CARE OF INTERNATIONAL STUDENTS WITH IDENTIFIED PHYSICAL OR MENTAL HEALTH CONDITIONS

It is important to identify physical or mental health conditions and to have full details so that we can provide any support that is required for our students.

### AT APPLICATION

At the application stage, we ask potential students to declare if they have any medical conditions on the initial application form. If yes is ticked then there is a free box to add details.

### AT ACCEPTANCE

When a student accepts a place to study with us as an international student, we ask them to complete pre-arrival & medical forms to provide full details. These forms prompt the student to provide us with the information we require and include:

- A tick box for common conditions including allergies and travel sickness with a free text box to add more details.
- Direct questions asking if students have or have had eating disorders, emotional or mental health issues with a free text box to provide details.
- A direct question asking if students currently are receiving medical or surgical treatment of any kind or are currently receiving counselling with a free text box to provide details.
- A direct question about food intolerances with a free text box to provide details.
- A direct question about specific dietary requirements and we indicate that that gluten free, coeliac, and dairy or lactose free, vegan and halal dietary requirements will incur a supplementary payment. There is also a free box to add any other specific dietary requirements.
- A direct question about living with pets to identify not only allergies but also those who are nervous of living with animals.
- A question to collect details of medicines that students will bring with them including prescription drugs.

From the information a student submits, we identify physical or mental health issues. For any condition which we require further information we would follow this up by talking with the agency, students or parents to ensure that we know what to expect and can provide the support that may be required.

## **GENERAL**

As a College, we believe in equality of opportunity. We need comprehensive information regarding physical and mental health conditions because in the absence of a student's parents it may be necessary to make immediate decisions for a student's health, safety or wellbeing. The majority of our students are also under the age of 18 and/or away from their parents or guardians. The information recorded is vital in the unlikely event that there is an incident. Also, our students will participate in activities and also may go on College organised trips where it is important to hold details of medical conditions on a central document in case of incident or accident.

If we have any serious concerns we may ask the student to go to their own doctor to obtain written confirmation that they are medically fit to travel. We always collect the details of a student's doctor including the telephone number to give to the UK National Health Service (NHS) in the event they require hospitalisation or emergency treatment.

## **AT ENROLMENT**

When students arrive, the enrolment system prompts staff to record health issues. If necessary enrolment notes are added so that all staff are aware of information that will support a student whilst studying with us and living in our homestay accommodation. The Health & Safety Officer checks the recording of necessary information on our computer system. The College uses a flag system so staff can quickly identify issues.

## **COLLEGE ORGANISED TRIPS & ACTIVITIES**

When students join college-arranged trips, the risk assessment through Evolve includes any special arrangements required due to medical conditions. All staff on trips will have the necessary information on the paperwork issued to them.

## **CARE PLAN SYSTEM**

The College has a Care Plan system for students identified with a serious illness or condition that requires such. This would be instigated by the Health & Safety Officer once identified and would include an assessment of their health or care needs, their medical history, personal details and information about the care and support that may be delivered to them, including when this would happen and by whom.

## **MENTAL HEALTH ISSUES**

When we identify mental health issues, the Safeguarding Lead as well as our Safeguarding Officer in the International School are fully informed. They will meet with students requiring support to introduce themselves and outline what support is available. The College has systems in place to support emotional health issues, including stress, low self-esteem, low mood, sleep issues, worry, anger and relationship issues through a Wellbeing Practitioner.

There is Education Mental Health Support through a team that can provide support for low mood, depression, generalised anxiety, simple phobias, sleep and stress management including exam stress.

There is a counselling service where referred students can talk about anything that is worrying them, including situations that have affected their life or issues they are finding difficult to manage. These issues include home life, trauma, abuse, bereavement, substance misuse, mental health, relationships or how they feel about themselves and their future.

There is a No Limits Primary Mental Health Practitioner who will see students who are experiencing mental health difficulties that need more specialist support and they will signpost to any other suitable agencies.

## **OTHER USEFUL RESOURCES**

We have various posters displayed throughout the College which signpost where students can go for assistance and these always include contact details or QR codes. Leaflets are also easily accessible within the College giving advice, useful information and contact details of organisations that can help.

Our tutoring system involves weekly group meetings with a student's dedicated tutor where content is delivered in-line with a centralised tutoring programme. The topics covered are varied and do include information on health issues; resilience; wellbeing; mental health; diversity; careers; next steps; stress and dealing with stress; financial independence. The weekly session is also a chance for a student to arrange to speak one to one to their tutor.

The College monitors attendance and the wellbeing of all students and uses a College reporting system to share important information including medical issues; mental health concerns; behavioural issues; academic issues and all other concerns that help to build a picture regarding the welfare of our students. All staff also have access to the centralised CPOMS (Child Protection Online Management System) Dashboard on the desktop of their PC or laptop, should a report be necessary to protect a student's safeguarding or wellbeing through the sharing of information with other stakeholders such as Social Services.