

EATING DISORDERS

1. Policy Statement

Sir William Perkins's School is committed to actively promoting the health, safety and well-being of all members of the School community.

Through education and pastoral care, the School aims to teach about the importance of healthy eating, encourage good practice, identify eating problems when they arise and ensure that these problems are dealt with in a sensitive and effective manner.

The PSHCE programme aims to promote healthy eating and a positive body image and includes lessons about the types of different eating disorders and their consequences. Students are directed to sources of appropriate support.

SWPS is fully committed to ensuring that the application of this policy is non-discriminatory, in line with the UK Equality Act (2010). Further details are available in the school's Equal Opportunities policy

2. Managing Eating Disorders

The Head has overall responsibility for ensuring that the health and safety of all students is taken into account when implementing any action regarding students suspected of having an eating disorder.

Any concerns about a student's eating should be passed directly to the Designated Safeguarding Lead or Deputy Safeguarding Leads. Any student who approaches a member of staff for help will be made aware that confidentiality will not be possible if the health and safety of either the student themselves, or other people, is at risk. The School's guidelines for staff in dealing with students who are a safeguarding concern will be followed and the appropriate members of the pastoral team will monitor the situation and manage any actions. Parents/carers are contacted in the first instance and medical staff may become involved.

In serious cases, consideration will have to be given as to whether a student should attend school. Relevant factors will include:

- their physical and emotional ability to cope with the demands of school life
- the ability of staff to deal with a consequent medical emergency
- the advice from the student's medical support team
- the effect of their presence in school on other students

In extreme cases, if treatment is not proving to be successful, the parents/carers may be required to permanently withdraw their child from the School.

3. Trips and Visits

Where possible, and following advice and guidance from health professionals working with the young person as appropriate, students will be permitted to attend educational trips and visits. The trip leader, working together with the DSL and parents/carers will discuss how the student may be supported with snacks and meals during the visit. If this cannot be safely managed due to the trip programme or availability of suitable food or other factor(s), the student may not be deemed well enough to attend the trip. In particular, the physical and emotional demands of residential trips make them unsuitable for students who are very ill or on significantly reduced timetables. If the visit is part of a Non-Examined Assessment (NEA) for a public examination, (such as a Geography field trip), advice will be sought from the Examinations Officer about how to proceed.

4. Supporting students with eating disorders

If a student is diagnosed with an eating disorder, the School will work with parents and medical professionals to support the student. A reduced timetable may be required and students may be excused from Physical Education for a time. The School will facilitate supervised eating if necessary and accommodate medical appointments as and when necessary. The appropriate access arrangements for examinations (usually rest breaks) will be organised in line with JCQ rules.

If prolonged absence from school is necessary, the following will be provided whenever possible:

- support from pastoral staff
- an appropriate programme of schoolwork

Return to School after prolonged absence may be on a part-time basis to foster a smooth reintegration into school life and there will be continued support and contact from the pastoral team and teachers.

In all cases, there should be regular contact between the student/parents/carers and the School as appropriate.

5. Monitoring and Review

This policy will be reviewed and updated annually by the Deputy Head Pastoral or as events or legislation requires.

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| Next scheduled review date: June 2026 | Last reviewed: June 2025 |
| Key updates in this version: | <ul style="list-style-type: none">• None |