


STADIO



STUDENT HEALTH AND WELLNESS POLICY

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Policy Owner:	Chief Academic Officer
Institutional functionary responsible:	Dean: Student Support and Success

1. PURPOSE

- 1.1 STADIO is committed to the holistic growth and development of its students insofar as is reasonably possible and within its means.
- 1.2 STADIO will provide, where practicable, the resources needed to promote an enabling, student-centred learning environment, in which health and wellness activities are undertaken.
- 1.3 This Policy is aimed at supporting students to enhance and promote their overall learning experience.

2. SCOPE

- 2.1 A healthy student body is critical to a successful student body. Health and wellness – whether physical, mental or environmental – are crucial to a productive environment and active student engagement with learning activities.
- 2.2 An awareness of health and wellness requirements means that the campuses and other learning environments are safe, risk-averse, free of disease, accommodating of disability, and overall a constructive and enabling space for learning.
- 2.3 STADIO will encourage its students to participate in health and wellness activities designed to improve health and wellness, or to enhance the management and accommodation of existing challenges.
- 2.4 STADIO recognises the scourge of gender-based violence and the failure to recognise the rights of LGBTQ persons in our society and commits itself to training programmes that provide for awareness-raising and understanding in these areas.
- 2.5 The importance of participation in wellness and workplace employee assistance programmes will be highlighted, given the significant percentage of STADIO students already in full-time employment.
- 2.6 Principles of occupational health, safety and risk will not be covered in this Policy.

3. DEFENITIONS AND ACRONYMS

C4SS	Centre for Student Success
Health and Wellness	For the purposes of this Policy, health and wellness means the state of being healthy, whether in body or mind, usually as the result of effort. It includes instances of occupational, intellectual, social, emotional, spiritual and lifestyle wellbeing.
LGBTQ	Means persons who are lesbian, gay, bisexual, transsexual, transgender, queer, and/or questioning
SSSC	Student Support and Success Committee, which is a sub-committee of Senate

4. STUDENT RIGHTS

Students have the right to:

- a safe and healthy learning and where applicable, campus living environment.
- basic wellness services.
- ethical and professional treatment.
- effective learning and teaching conditions.
- confidentiality and sensitivity.
- equality and respect.

5. GENERAL SERVICES

5.1 Activities and services include psychosocial counselling (available on campus and online), career counselling (available on campus and online), and personal support (provided by identified managers and counsellors).

5.2 The standard at-risk management will be executed on all programmes to assist students to successfully manage their studies.

5.3 Students (and especially distance-learning students) may experience problems that might negatively affect their studies and reduce their chances of success. These may be related to:

- Methods of study

- Career decisions and work environments
 - Personal (often psychological) problems.
- 5.4 Study skills and development programmes will be available on campus and online, and students experiencing difficulties – whether contact- or distance- learning students – will be invited and/or advised to utilise the available services to assist them with solving study and other problems.
- 5.5 Information and facilitated support will be provided to students for them to address their problems independently as a first step. However, students still requiring assistance will be advised to contact the student counsellor.
- 5.6 Student counsellors will be available on all campuses for scheduled times in face-to-face or online sessions. Students seeking counselling and the assistance of the student counsellor will be assisted within 48 hours.
- 5.7 STADIO will endeavour to provide platforms as needed, whether physical or online, to all students for the provision of information and support where possible in respect of key health and wellness concerns, aimed at, among others:
- Sexually transmitted diseases
 - Gender-based violence
 - Non-discrimination, racism and xenophobia
 - Healthy lifestyle management and disease awareness
 - Addiction
 - Trauma counselling
 - Stress management
 - Time management
 - Debt counselling and personal financial management
 - First-year guidance and support (adaptation).
- 5.8 STADIO will not provide any specialist medical services but will facilitate and refer students to specialist medical providers.

6. MANAGEMENT OF STUDENT HEALTH AND WELLNESS

6.1 Responsibility

- 6.1.1 STADIO will work towards the institution of a Centre for Student Success (C4SS) on its Campuses which will deal with all student issues.
- 6.1.2 The Centres for Student Success will report to the Campus Managers.
- 6.1.3 Campus Managers are responsible for initiatives on the Campuses and will provide reports to the Student Support and Success Committee (SSSC) about implementation of the annual programme.

6.2 Oversight and Monitoring

- 6.2.1 The SSSC will provide oversight for all activities involving student health and wellness.
- 6.2.2 The Student Health and Wellness Programme will be approved annually by the SSSC. Faculties and/or Campus Management may identify additional activities to those included in the SSSC Programme.

6.3 Reporting

- 6.3.1 The SSSC will annually report to the Senate on the successes, challenges and new developments required in respect of student health and wellness at the Institution.

6.4 Evaluation

- 6.4.1 The SSSC will evaluate the success of its initiatives on a periodic basis and report to Senate.

7. CONFIDENTIALITY

Staff engaging with student information and particularly information about a student's health and/or wellness will be trained to understand the importance of confidentiality, respect and trust. Unauthorised and impermissible breaches of student confidentiality may constitute a dismissible offence.



8. STUDENT AWARENESS OF THE POLICY

STADIO will make available a comprehensive online Information Booklet for all students providing resource material and information to support its commitment to student health and wellness. The Information Booklet will be communicated as part of the annual Induction Programme for new students.

