



**Pearson
Institute**
of Higher Education

PIHE Policy for Student Wellness (v1.01)

Custodian	Assistant Academic Director: Student Affairs
Region	South Africa
Status	Version 1.01
Approved by	Senate XXX 2017 (agenda item number)
Date of Approval	
Date of Implementation	<i>Proposed 1 January 2018</i>
Amendments	Version history
Date of Amendments	
Summary of Last Amendment	This is a new policy.
Review Date	2022

Table of Contents

1. Preamble
2. Definition of terms
3. Aim
4. Scope
5. Principles
6. Purpose
7. PIHE approach to student wellness
8. Rights and responsibilities
 - 8.1 Institution's responsibilities
 - 8.2 Students' responsibilities

STUDENTS WELLNESS POLICY

1. Preamble

Pearson Institute of Higher Education is serious about the wellness of its students and encourages healthy living from their students. The institution recognizes the importance of student wellness as a major imperative in achieving student academic success. To this end PIHE has developed and implemented the student wellness policy in order to promote wellness for the benefit of students.

2. Definition of terms

Disability	A disability is a physical or psychological impairment that substantially limits one or more of the major life activities of the individual.
Health Promotion	Health promotion is the process of helping people change their lifestyle to move toward a state of optimal health.
SRC	Students' Representative Council
"The Institution"	Pearson Institute of Higher Education
PIHE	Pearson Institute of Higher Education
Student Wellness	Student wellness is an active process whereby students become aware of, and make the right choices, toward a healthy and fulfilling life. Student wellness is more than being free from illness, it is a dynamic process of change and growth which includes a state of complete physical, mental, and social well-being.
Wellness	An integrated method of functioning which is oriented toward maximising the potential of which the individual is capable within the environment in which she/he is functioning.
WHO	World Health Organisation

3. Aim

The policy provides the framework for holistic development and support for student wellness programmes at the various campuses of PIHE. The aim of the policy is to ensure that students are physically, emotionally, and mentally prepared and supported to achieve academic success.

4. Scope

This policy is applicable to all students from all campuses of PIHE.

Pearson Institute of Higher Education strives to provide an environment in which all students can participate equally in all aspects of student life, inside and outside the classroom. The student wellness policy strives to provide reasonable provision of health and wellness support services to students in all aspects of their psychological counselling needs, family planning and preventative services, periodic TB and blood testing services, periodic HIV/AIDS testing in partnership with qualified medical specialist with pre-test and post-test counselling services, 24 hour emergency response services in partnership with ER24 and extracurricular sports activities which encourage healthy living.

5. Basic Principles

The student wellness policy is discharged in line with the following principles as per the Pearson rules and regulations.

- All students must receive equal treatment and protection as provided for in the regulations of Pearson Institute of Higher Education.
- No student shall be unfairly discriminated against on any of the following grounds, in particular: race, sex, gender, socioeconomic status, nationality, language, ethnicity or social origin, political or other belief, religion, sexual orientation, disability or year group, and place of Residence.
- All student wellness services must be offered at all campuses of PIHE to ensure equivalent student experience.
- Wellness services must be delivered in a manner that is integrated with the academic mission of the institution.

- All wellness programmes must be student centred to enhance optimal academic achievement for success.
- Student wellness services must be provided within a holistic approach to achieve the full development of the student, i.e. physically, emotionally, psychologically, spiritually and mentally.
- Student wellness programmes must be implemented in line with national and regional policies in consultation with relevant external bodies such as SANCA and the National Department of Health, as well as quality assurance bodies.
- Extend best practices in respect of student wellness across all campuses with likely variations by campus size and shape.
- Provide structure for adequate wellness support.

6. Purpose

The purpose of the student wellness policy is to implement and support programmes and awareness initiatives for students' health and wellness on all campuses of PIHE including but not limited to the following:

- Sourcing and implementing appropriate wellness and family planning services with reasonable resource allocation by campus.
- Development and implementation of health promotion programmes that address a variety of wellness problems such as:
 - Alcohol and substance abuse
 - Sexual health issues such as STDs, HIV & AIDS
 - Family planning
 - Students with Disabilities
 - Mental health
 - Psychological counselling and support services

7. PIHE's approach to health and wellness

PIHE follows a preventive approach to dealing with wellness by:

- Developing and implementing national health and wellness surveys.

- Identify students whose health and wellness is at risk through early detection mechanisms and implementation of prevention strategies.
- Design and implement policies and procedures for students with disabilities.
- Conducting health and wellness awareness programmes on various health matters and measuring the effectiveness of student participation in the identified programmes and make necessary recommendations for improvement. These include, but are not limited to the following initiatives:
- Encouraging students to maintain a well-balanced healthy lifestyle by supporting and promoting healthy living programmes and initiatives such as:
 - Sports and other physical exercise initiatives
 - Adopting a strong stance against drugs and alcohol abuse
 - No to violence against women and children
 - Blood donation in association with external partners
 - Encouraging abstinence or safe sex to those who are sexually active
 - Avoid having multiple sex partners
 - Encourage healthy eating habits
 - Integrating educational facilities and physical exercise in the students' learning regime
 - Student wellness weeks
 - Implement a No smoking policy

8. Rights and responsibilities

8.1 The institution's responsibilities:

In line with the above prescriptions PIHE will:

- Provide an environment and facilities which encourage the reasonable development and support of a healthy living lifestyle.
- Provide reasonable provision, tuition and services to qualified students with disabilities to afford an opportunity for their full participation in the institution's educational programmes and activities in line with the institution.
- Provide a reasonably clean and safe environment for student learning.

- Ensure adequate representation of students in relevant health and wellness committees dealing with health and safety and HIV / AIDS matters on campuses.
- Ensure that students have reasonable access to health and wellness and basic health care services at all campuses. These include but are not limited to:
 - psychological counselling services,
 - periodic TB and HIV testing, family planning services,
 - dietary and healthy eating advice and services in partnership with our canteen services
- Provide a conducive learning environment, laboratories and lecture venues that are designed to support healthy learning and student success.
- Provide learning facilities that are easily accessible to all our students.
- Create meaningful developmental opportunities and health programmes for students.
- Ensure that PIHE staff is sufficiently trained in order to be able to discharge their duties in line with the health and wellness requirements.

8.2 Students' responsibilities

Students will be expected to:

- Elect representatives from the SRC to represent students in relevant health and wellness committees dealing with health and safety and HIV / AIDS matters on campuses.
- Treat their learning and residential environments with pride and dignity by keeping them clean at all times and avoid littering.
- Abide by PIHE health and wellness policies at all times by leading a healthy lifestyle which includes:
 - actively participating in physical exercise
 - engaging in healthy eating habits
 - engaging in healthy social behaviour
 - practicing safe sex
 - adopting a “no to alcohol and drug abuse attitude”

- adopting a “No smoking policy” in their learning and residential environments.
- Where applicable, appropriately utilising PIHE facilities to improve their health and wellness.
- Utilising PIHE counselling services whenever they are facing stressful situations i.e. personally, socially, or academically.
- Reporting unsafe behaviour or any physical factors that may be harmful to other students in their environments.
- Reporting any vandalising of PIHE property such as writing on the walls, graffiti, and putting up illegal posters or advertisements.

References

The World Health Organization: <https://shcs.ucdavis.edu/wellness/what-is-wellness>