Cubitt Town

Primary School

Drugs and Alcohol Education Policy

Date agreed: _____

Reviewed on: _____

Date for review: Every 3 Years

This document has been formally approved by the Governing Body of Cubitt Town Primary School. *

See minutes of full governing body meeting __/__/__ Minute reference _____

Signed by:

_____ Chair of Committee Date: __/__/__

_____ Chair of Governors Date: __/__/__

_____ Headteacher Date: __/__/__

*The Governing Body has agreed to delegate the approval of this document to the Standards Committee

Staff with key responsibilities: PSHE Leader

This policy comes within the overall school policy on PSHE (Personal, Social and Health Education) working towards the National Healthy School Standard. Drug Education is taught as part of the National Curriculum for science and as part of the school's scheme of work for PSHE (Jigsaw PSHE).

This policy has been developed through consultation with parents, carers, teaching staff, Governors and the Healthier School Partnership and LBTH Healthy Lives Team. It ensures that children receive their educational entitlement according to statutory requirements. It is therefore important that staff and visitors understand they have a responsibility to implement the policy.

The Curriculum is required to:

Promote the spiritual, cultural, mental and physical development of pupils at the school and society; and prepare such pupils for the opportunities, responsibilities and experiences of adult life - Education Reform Act - 1988

What is a drug?

For the purpose of this policy the term 'Drug' refers to any psychotropic substance: all legal drugs, including alcohol, tobacco and vapes, all illegal drugs, volatile substances, and over-the-counter and prescription medicines.

A Rationale for Drug Education:

At Cubitt Town Primary School we recognise that drugs are part of modern day society. Drug education is an integral part of a child's personal, social, health and citizenship education.

At Cubitt Town Primary School we believe that Drug Education at best, should equip children with the knowledge, skills and attitudes they need to make informed decisions about their lifestyle, personal safety and long-term health.

Objectives for Drug Education at Cubitt Town Primary School:

The main objective of Drug Education is to help and support children through their physical, emotional and moral development.

This teaching of drug awareness will help them to learn to respect themselves and move with confidence from childhood through adolescence into adulthood – ultimately helping young people to resist drug misuse in order to achieve their full potential in society. Pupils will be supported to develop their attitudes, skills and knowledge, (within the moral and values framework of the school and the laws of our society) to appreciate the benefits of a healthy lifestyle, relating to their own and others' actions.

Aims:

Drug Education should:

- Enable pupils to make healthy, informed and safe choices by increasing knowledge, challenging attitudes and developing skills which promote personal well-being
- Provide pupils with the language and confidence to experience meaningful discussions about drugs and clarify their own information on medicines and drugs
- Ensure that Drug Education is inclusive of all pupils and cultures. It will be based on the knowledge of, and sensitivity towards the individual, as well as group needs, of the pupils, (i.e. level of maturity, gender, culture, SEND etc.)
- Encourage a responsible lifestyle around medicines and drugs in the longer term

- Provide accurate and comprehensive information about substances
- Increase understanding about the implications and possible consequences of drug use
- Teach skills that help resist pressure on young people to use/misuse drugs
- Enable pupils to identify appropriate support
- Develop pupils' self-awareness and self esteem

Providing the environment for Drug Education:

If pupils are to have good relationships they need to understand their feelings and motivations, their attitudes and beliefs and the impact that they have on others, and the need to respect similarities and differences in each other.

The school and classroom therefore will provide a learning environment, which is caring, supportive, safe and respectful. Pupil's views and needs will be respected, they will be in a supportive environment where they won't be judged or ridiculed.

Cubitt Town Primary School offers an environment in which all pupils are encouraged to develop self-awareness, self-esteem, confidence and a sense of independence and responsibility.

There is no formal assessment of Drugs Education but teachers evaluate each lesson and where required will pass on any information to the Safeguarding lead and members of SLT. Children also review their own learning at the end of each unit (puzzle piece).

Parents' Support, Involvement and Consultation in Developing Drug Education:

At Cubitt Town Primary School we believe that Parents are key people in:

- Teaching their children about Drug Education
- Maintaining the culture and ethos of the family
- Preparing them for the challenges and responsibilities that adulthood brings

Consulting Parents:

At Cubitt Town Primary School we want parents to feel that they can contribute to the policy. Parents will be consulted regularly (annually if possible, if not bi-annually). This policy is available on request for parents.

All parents will be invited to read this policy. Information will be given on the content of the Drug Education programme through our termly parent curriculum maps.

Parents can also view resources at a meeting (if required) and any other support material the school is able to make available for them. Drug Education materials will be made available to parents who wish to supplement school Drugs Education and to help in their Drug Education at home.

Homework sheets may be given to children to consolidate learning. Cubitt Town Primary School will be happy to organise Drug Education workshops for parents about talking to young people about Drugs and Drugs Awareness.

Methodology:

Drug Education shares features of good practice in any subject. In addition, the following guidelines support effective Drug Education teaching:

I. Establish ground rules
II. Start where the pupils are

Establishing ground rules:

This is a helpful way of establishing a safe environment in which pupils and staff will not feel embarrassed or anxious. A group agreement, established through discussion and negotiation with pupils fosters mutual respect - some ideas are set out below:

- No one (teacher or pupil) will have to answer a personal question
- No one will be forced to take part in a discussion
- Meanings of terms will be explained in a sensible and factual way
- Each person's views and beliefs will be respected and listened to
- Levels of confidentiality will be observed – it is not appropriate for pupils or teachers to disclose or discuss their personal or family drug use.

Starting where pupils are:

Lessons should always start at a point to which pupils can relate and then progress into new areas of learning. Pupils across the school will be involved in planning and evaluating their Drug Education lessons and will have some say upon the teaching content. The subject Leader in PSHE will co-ordinate and enable teachers to conduct needs assessments to ascertain:

- What facts pupils do and do not know and understand
- Where knowledge they have is incomplete
- What they feel
- What they are able to say and not able to say
- The language they use
- What they are able to and not able to do
- Responsibilities they can and cannot manage
- What their anxieties and questions are

Governor Involvement:

The Governors of Cubitt Town Primary School have a responsibility to approve this policy and will review, monitor and evaluate the Drug Education scheme of work.

Governors will be invited to attend parents' evenings organised by the PSHE subject leader.

Pupil Involvement:

As the Drug Education policy develops, the view of pupils will be taken into account, this will include how they would like Drug Education lessons to be delivered (through unit evaluations) at the end of a unit of work, by representatives from The Pupil Leaders in each year group. These will be returned to the subject leader to inform the following year's planning through a process of systematic evaluation.

This information will be kept in the subject leader's file.

Confidentiality and Reference to Child Protection Procedures:

Wherever appropriate teachers will encourage all pupils to discuss their concerns with Parents and Carers.

The negotiation of 'Ground Rules' in Drug Education sessions will be important. Teachers will make it clear to pupils the level of confidentiality that they can offer. Due to the guidelines in the Child Protection Policy, teachers cannot offer or guarantee absolute confidentiality.

A rare occasion of a child disclosing his/her intention to use, or claims to have used drugs will be dealt with as a child protection matter.

The Safeguard programme, which can be found online and which every member of staff has access to, will be used to report any incidents and then these will be investigated and telephoned through to

Social Services if required. The school also then records the incident on the LBTH Drug Incident Record Form and sends this to the LBTH (See attached.) Teachers should consult with the school's designated Safeguarding leader for advice on all Child Protection matters.

The Content of Drug Education at Cubitt Town Primary School:

Cubitt Town Primary School will follow the recommendations of the QCA curriculum guidance in the 'Drug, alcohol and tobacco education' Teacher's booklet 2003 which states: 'Drug, alcohol and tobacco education should be located within wider provision for PSHCE, which enables pupils to increase knowledge and understanding, explore attitudes, and develop skills for making healthy, informed choices, including choices about drugs, alcohol and tobacco… The overall programme should be coordinated across the curriculum and from year to year. This will provide continuity, ensure progression, and give pupils and teachers opportunities to reflect on their progress in developing knowledge, skills and understanding and exploring attitudes and values.'

The PSHEE Framework at Key Stages 1 and 2 is developed through four broad themes:

- Developing confidence and responsibility and making the most of pupils' abilities
- Developing a healthier, safer lifestyle
- Developing good relationships and respecting differences between people
- Preparing to play an active role as citizens.

Cubitt Town Primary School uses the Jigsaw PSHE scheme of work to teach Drugs Awareness.

We are supported in our Drugs Awareness teaching and delivery by LBTH Healthy Lives Team.

Throughout their time at Cubitt Town Primary School pupils will have opportunities to:

- Develop personal and social skills
- Reflect on personal experience in relation to content taught
- Appreciate and respect other cultures, values and beliefs, explore moral and spiritual issues
- Reflect on issues relating to the family

Drug education:

Science (KS1) **National Curriculum Updated May 2015**	**Citizenship / PSHE (KS1)**
Statutory	**Non-Statutory guidance from PSHE Association programme of Study - October 2014**
	(11) That household products, including medicines, can be harmful if not used properly
Science (KS2) **National Curriculum Updated May 2015**	**Citizenship / PSHE (KS2)**
Statutory	**Non-Statutory guidance from PSHE Association programme of Study - October 2014**
Year 6 **Animals, including humans** • Recognise the impact of diet, exercise, **drugs** and lifestyle on the way their bodies function. ***Guidance**: Pupils should learn how to keep their bodies healthy and how their bodies might be damaged – including how some drugs and other substances can be harmful to the human body. Pupils might work scientifically by: exploring the work of scientists and scientific research about the relationship between diet, exercise, drugs, lifestyle and health.*	**PSHE: Health and Well-Being** **Building on Key Stage 1 pupils should have the opportunity to learn:** • (17) Which, why and how, commonly available substances and **drugs** (including **alcohol** and **tobacco**) could damage their immediate and future health and safety, that some are legal, some are restricted and some are illegal to own, use and supply to others.

Drug-Related Incidents

What are they…

- Emergencies – where a pupil has lost consciousness or gone into a coma
- Intoxication – intoxicated/high, when it's difficult to communicate with a person (no interview for sanctions at this time)
- Discovery/observation – where a pupil is discovered using, holding, supplying or offering to supply a substance not permitted on the school premises
- Disclosure – where a pupil discloses to a member of staff that s/he has been using drugs or that they are concerned about someone else's drug use
- Suspicion or rumour – staff should be wary about acting on the basis of these
- Discovery – this may be the discovery of an unauthorised drug or associated paraphernalia

If there is a discovery of drugs or paraphernalia on the premises, it will be handled by the SLT or the premises manager, all of which have attended training on the best course of action.

Responses

There will not be an automatic sanction applied to a drug-related incident in school. Any responses will be taken after considering all the facts about a young person and their emotions and the circumstances in which a drug-related incident has occurred. Training will be provided to those staff members that will implement procedures and decide sanctions. A drug-related incident form (see attached), will be required to be completed for any drug-related incident and kept on file.

Any school response will be taken from the range available below:

- Put together an individual teaching plan, personal support programme or other support plan
- Make sure the pupil is not a victim of bullying or similar treatment
- Rewards systems for appropriate behaviour changes
- Positive input to school e.g. peer tutor, monitor duty/playground duty
- Assessment by the educational psychology department
- Referral to the drug prevention team or Lifeline: Young people's services
- Consultation with support services
- Sanction system for inappropriate behaviour
- Supervision at lunchtime/breaks
- Meeting with the parents/carers
- A letter home to the parents/carers
- The school will also consider involving the police for more serious offences or where there is a lack of cooperation from the pupil or parents. May still impose additional sanctions to help the pupil benefit from the experience and use them as a deterrent within the school.

This will be part of a supportive network developed to ensure that the school uses its powers to protect the long-term welfare of the pupils. Fixed term or permanent exclusion may be used when all other options have been exhausted.

Confidentiality

Young people wishing to disclose their own or others drug use to teaching staff, will be informed that staff cannot guarantee secrecy and may have to take further action for the pupil's safety. Any information will be recorded and treated sensitively in line with the school's confidentiality and child protection policies. See policies for further details.

Parents/Carers

Parents and carers will be informed of any incidents involving illegal or unauthorised drugs when deemed necessary by the Headteacher. Parents/carers will also be involved in the implementation and development of this policy and the Drugs Education programme. Courses/support services will also be available for parents/carers to help provide information and skill development for dealing with drug use or drug misuse.

Governors

The governing body will be informed by the Headteacher of any drug related issues affecting the school. They will also be involved in policy development and overseeing the DE programme.

Additional Support Services

If schools are concerned about a young person with substance misuse issues, then their first point of call should be to Lifeline, they are the main commissioned Young People's Substance Misuse Service operating in Tower Hamlets. They provide information, advice, guidance and specialist support to young people, aged under 19 years. They also provide advice and support for parents and carers as well as drug awareness training and community peer educator's courses available to schools and youth centres.

Lifeline - Young People's Substance Misuse Service

When: Monday to Friday, 9.30 am to 5.30 pm

Where: Unit 59 Skylines Village, Lime Harbour, London E14 9TS

Tel: 020 7093 3007

http://www.lifeline.org.uk/

Alternatively, schools can get help and advice from the following local and national Drugs Support Services and Organisations:

RESET Treatment Service

Reset is an integrated service which provides drug and alcohol treatment to Tower Hamlets residents aged 18 or over and support to family and friends who are concerned about someone's drug and/or alcohol use.

183 Whitechapel Road, London, E1 1DN

RESET Treatment Service 71 Johnson Street, London, E1 0AQ

RESET Recovery Support Service The Alma, 41 Spelman Street, London, E1 5LQ

Opening hours Monday to Friday: 9:00am-5:00pm Late opening: Thursday 9:00am-8:00pm

Get in touch T: 0203 889 9510 E: reset.towerhamlets@cgl.org.uk W: www.changegrowlive.org

Twitter: @RESETRecovery Facebook: RESETTowerHamlets

NAFAS: Bangladeshi Drug Project

NAFAS is a culturally sensitive drug agency which has developed an innovative model of working with BME communities

Tel: 020 7377 0676

Fax: 020 7729 4748

Address: 10 Turin Street, London, E2 6NJ

Somali youth service, delivered by Ocean Somali Community Association (OSCA)

Community services for young Somali residents in Tower Hamlets. Call Lifeline (above) to talk to a Somali drug worker.

When: Monday to Friday, 9.30 am to 5.30 pm

Where: Concordia Community Centre, Arches 420-421, Burdett Road, London E3 4AA

Tel: 020 7987 5833

http://www.oceansomali.org.uk/

CAMHS Specialist Substance Misuse Services - Tower Hamlets

Address: 16-18 Greatorex Street, London, E1 5NF

Area Covered: Tower Hamlets

Telephone: 020 7426 2400

Fax: 020 7426 2394

Out of Hours Contact: There is out of hours provision. Medical or psychiatric emergencies should be directed to local Accident & Emergency services.

Access Criteria:

This is not a direct access service. Referrals are however accepted from a wide range of agencies working with young people

Description:

The CAMHS Specialist Substance Misuse Service (CSSS) is a specialist NHS treatment service in Tower Hamlets for young people under 19 years who have serious and complex drug and/or alcohol problems. Young people using the Service may also have additional mental and/or physical health problems or require multi-agency care planning, care co-ordination, specialist prescribing or referral to in-patient services.

Specialist Addiction Unit - Tower Hamlets

Address: 275 Bancroft Road, Ground floor, Beaumont House, Mile End Hospital, Tower Hamlets, London, E1 4DG

Area Covered: Tower Hamlets

Telephone: 020 8121 5301

Fax: 020 8121 5302

Access Criteria: Clinic referrals are accepted from Medical Agencies.

Description: The Specialist Addiction Unit provides assessment, care and treatment to patients whose drug and alcohol related needs require specialist interventions from a multi disciplinary team with expertise in stabilising, promoting drug and alcohol recovery and facilitating wider social inclusion for patients.

Tower Hamlets Youth Services:

Tel: 020 7364 3222

Tower Hamlets Youth Offending Team:

Tel: 020 7364 1144

Tower Hamlets Healthy Schools Team:

Tel: 0207 364 6020

Drug Related Incident Record Form

Tick one or more of these boxes to indicate the type of incident:

Emergency / Intoxication	Suspicion, off premises	Suspicion, on premises	Discovery, off premises	Discovery, on premises	Pupil disclosure	Parental disclosure	Parent/Carer expresses concern
☐	☐	☐	☐	☐	☐	☐	☐

Name:	**Record form completed by:**
Form/class:	
Date of incident:	**Time of incident:** **am / pm**

Drug involved (if known): (E.g. alcohol, tobacco, vape, prescription drug, ecstasy, cannabis etc)	**Sample found? (yes / no)** **Informed police / Destroyed at time:** **am / pm**
Senior staff involved: (insert name)	**Witness name:**
Parent/carer informed by: **at time: am / pm**	**Where retained:**

Brief description of symptoms/situation:

Action taken: (e.g. other agency involved; Drug Education Advisor/ Police/ drug agency consulted about the drug; referral to Healthy Schools Drug Prevention Team for assessment and or intervention or alternative to exclusion programme).

(Continue on back if necessary)