

Charlesworth Ballet College Drug Education Guidelines

Our Vision

At Charlesworth Ballet College we believe that drug education is integral to the well-being of our students. We aim to provide a safe and supportive environment for the school community. We endeavour to engage the whole community in our drug education initiatives and are committed to providing our students with drug education and necessary related intervention across all year levels.

Our Commitment

Our *Drug Education Guidelines* are consistent with the *Principles for School Drug Education*. The guidelines promote a whole-school approach to drug education where staff, students, parents and the wider-school community work together with the aim of preventing and reducing potential and existing risks of harm from drug use, to establish and maintain a safe school environment.

Our guidelines have been developed to address drug education and necessary related interventions in a caring and consistent manner within the Charlesworth Ballet College community.

Curriculum

- Our drug education identifies age-appropriate drug education content across year levels aged 11-15
- We use evidence-based drug education resources such as *Challenges and Choices* (www.sdera.wa.edu.au) and REDI resources (www.deewr.gov.au).
- Administration supports staff to deliver appropriate drug education by allowing in-school time for planning, providing professional development opportunities for staff and allocating funds for resources and materials.
- Classroom programs focus on skill development and develop students' knowledge and understanding, attitudes and values and promote help-seeking behaviour.
- A minimum of three hours of drug education per year will be provided to College students.
- Learning is extended from the classroom to promote parent support of drug education programs (e.g. through the use of take-home activities).

Ethos and Environment

- A Drug Education Leadership Team with representatives from the teaching staff, students and parents is supported.
- Drug education is included in planning.
- All College students have the opportunity to participate in drug education programs and initiatives.
- *Drug Education Guidelines* will reviewed every 2-3 years in consultation with the school community.
- Administration supports staff attendance at professional development to broaden their understanding and enhance their confidence in working well with drug use issues.
- We have developed and implemented *Procedures for Incident Management and Intervention Support* and these have been communicated through the community as a part of the *Drug Education Guidelines*.

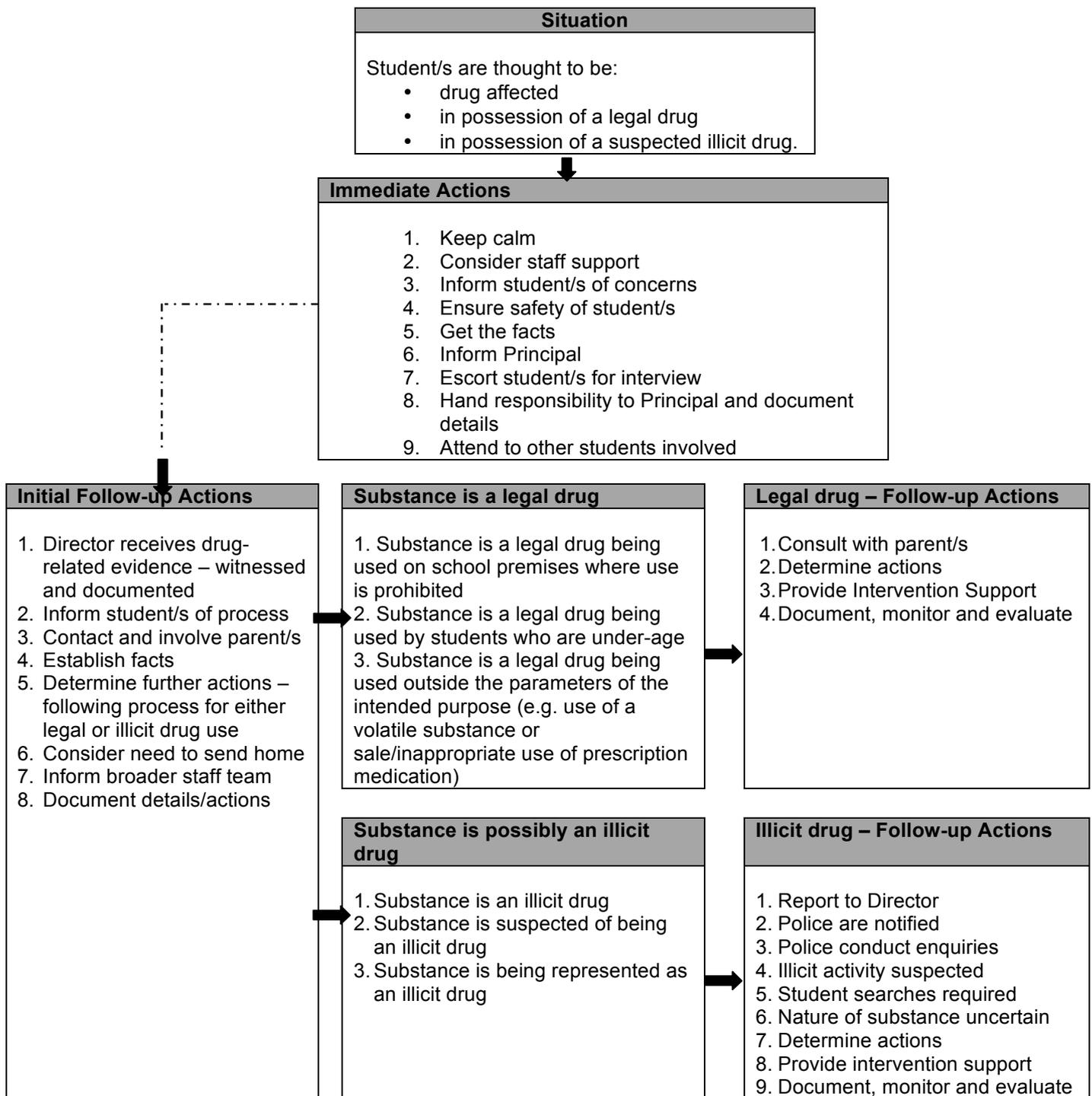
Parents and Community

- Parents and families are involved in drug education initiatives.
- Drug education information for parents and families will be provided whilst students are engaged in learning activities.
- SDERA's *Connect* (www.sdera.wa.edu.au), is used to identify resources and agencies that support and complement our school drug education initiatives.
- Orientation packs to new families include our *School Drug Education Guidelines* within our Booklet.

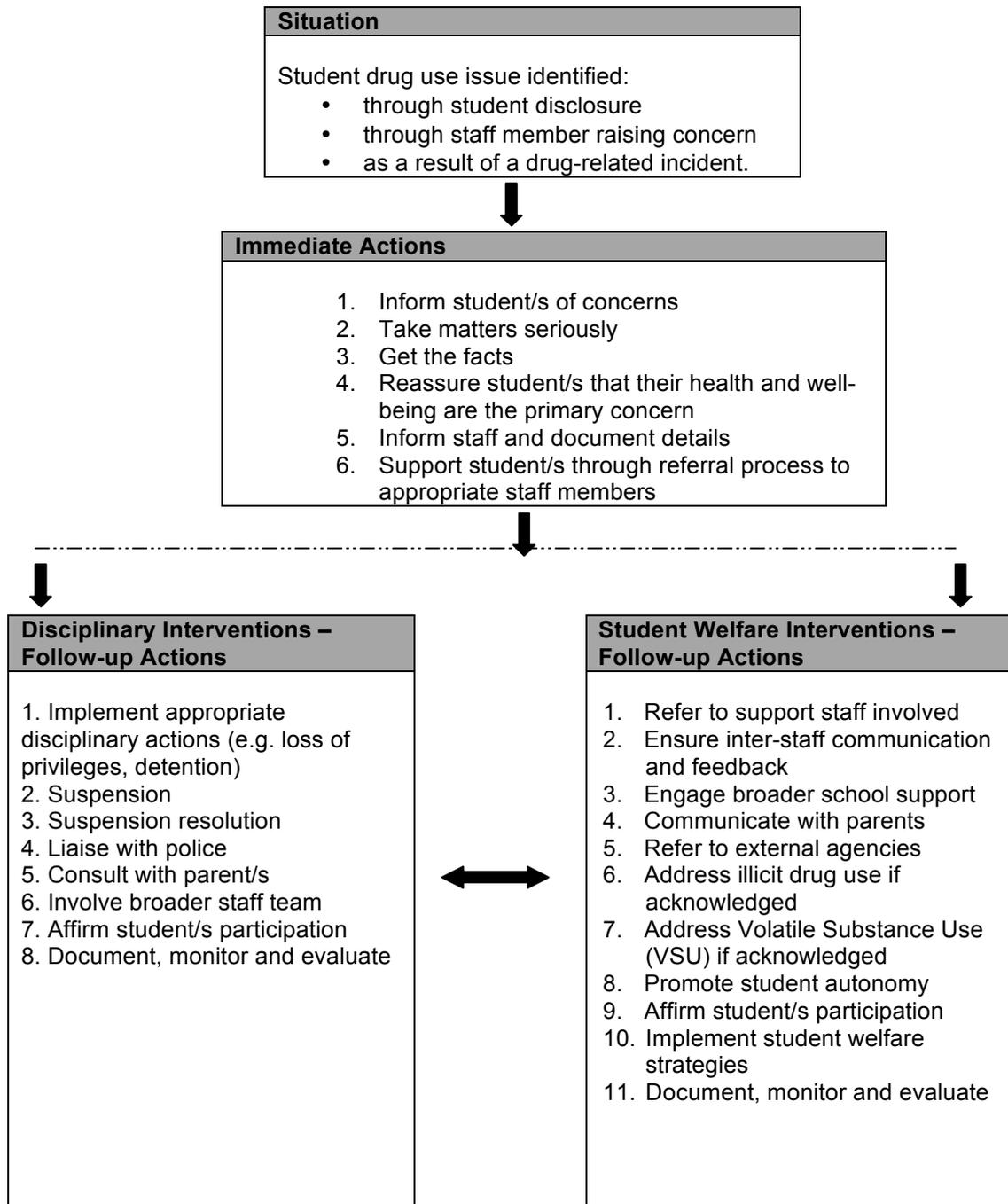
Incident management and Intervention Support

The following Incident Management and Intervention Support flow charts illustrate the steps which will be taken in the event of a drug use incident or issue. Should you wish to contact school personnel in this regard, contact details are provided.

INCIDENT MANAGEMENT- Procedures to follow



INTERVENTION SUPPORT- Procedures to follow



In the event of a drug use incident or where a student requires intervention for a drug use issue, the steps outlined in our flow charts for Incident Management and Intervention Support will be followed. In summary:

- the parent/s will be notified by appropriate personnel
- the Director will consider notifying police if illicit drug use is suspected
- both students and parents will be offered support through appropriate interventions
- the incident or issue will be documented and other relevant agencies involved
- respect will be given to privacy and confidentiality by and for all parties
- the health and well-being of all parties involved will be given priority.

Charlesworth Ballet College does not permit students while on school premises, at any school function, excursion or camp to:

- smoke and/or possess tobacco products
- consume, possess or be affected by alcohol
- possess and/or use pharmaceutical drugs for non-medicinal purposes
- possess and/or use volatile substances
- possess and/or use illicit drugs
- possess and/or use drug-related equipment, with the exception of for intended legitimate medicinal use.

All school staff should confirm the procedures regarding the administration of medications.

Please see the additional *Alcohol Policy for Parents, Students and Staff of Charlesworth College* below.

Alcohol Policy for Parents, Students and Staff of Charlesworth Ballet College

Introduction

Charlesworth Ballet College encourages all dancers to nurture and respect their body because it is their instrument for dance. Part of this includes never harming or abusing the body with alcohol. Students at Charlesworth Ballet College are training to be elite aesthetic athletes and the use of alcohol has a negative impact on the physical and psychological health of the dancer. Students must be supported by parents/guardians in regards to no alcohol consumption.

Aim

The Charlesworth Ballet College is committed to encouraging students to adopt a responsible attitude toward alcohol and the harms it can cause to themselves and others around them.

Statement of Policy

Charlesworth Ballet College requires parents/ guardians, students and staff to obey the law especially regarding the age at which alcohol can be purchased, consumed and supplied. The College supports the latest phase of the Parents, Young People and Alcohol campaign's key message "that for children and young people under 18 years of age, not drinking alcohol is the safest option."

Charlesworth Ballet College's stance on no alcohol consumption is backed by solid evidence ¹ that alcohol has a serious effect upon the fitness required for professional dancers and increases the chance of an accident or injury. Therefore the College encourages students who are of legal age to not consume alcohol whilst training in the College Program. Older students therefore are reminded that the College rules apply to them until they have left the College program.

Charlesworth Ballet College does not condone Leavers' celebrations where students require leave from the College program. A student attending Leavers' celebrations will not dance in the final performance.

Parents/ Guardians

Charlesworth Ballet College expects parents/ guardian's to support their stance on alcohol by:

- Being aware of the laws surrounding the purchase and supply of alcohol to young people.
- By never supplying their under aged child with alcohol.
- Never providing gifts of alcohol to staff via students.
- Supporting the Colleges Drug and Alcohol education program.
- Attending information sessions held by Charlesworth Ballet College that relate to the health and well-being of their children.
- Communicating with staff about any issues or worries they may have concerning alcohol use.
- Be aware that Charlesworth Ballet College does have a policy for *Procedures for Incident management and Intervention Support*

Charlesworth Ballet College contacts

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School Drug Education Leadership Team

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Useful contacts and information

**School Drug Education and Road
Aware (SDERA)**
(08) 9264 4743 www.sdera.wa.edu.au

Alcohol and Drug Information Service
(08) 9442 5000 or 1800 198 024

Parent Drug Information Service
(08) 9442 5050 or 1800 653 203

Drug and Alcohol Office
(08) 9370 0333
<http://www.dao.health.wa.gov.au/>

Reference:

1. Pesta, D., Angadi, S., Burtscher, M., & Roberts, C. (2013) The effects of caffeine, nicotine, ethanol & tetrahydrocannabinol on exercise performance. *Nutrition & Metabolism*, 10:71
<http://www.nutritionandmetabolism.com/content/10/1/71>