

QUALITY MANAGEMENT SYSTEM

E.7

TITLE:
POLICY: HEALTH AND WELLNESS

| SAAMGESTEL / HERSIEN DEUR COMPILED / REVIEWED BY | GOEDGEKEUR DEUR / AUTHORISED BY |
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| Date: 23 September 2023 | Date: 20 October 2023 |
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| Handtekeninge / Signatures | |

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Index of Contents

| Description | Page Nr |
|----------------------------|----------------|
| Title Page | I |
| Revision Record Sheet | I |
| Index of Contents | 2 |
| ▪ Introduction and Purpose | |
| ▪ Scope | |
| ▪ Objectives | |
| ▪ Principles | |
| ▪ Conclusion | |
| ▪ Implementation | |
| ▪ Related Policies | |
| ▪ Management | |



1. INTRODUCTION AND PURPOSE

This Health and Wellness Policy outlines strategies for promoting the well-being of students at Hugonote Kollege by leveraging existing resources and partnerships to create a supportive environment that nurtures students' physical, mental, and emotional health.

2. SCOPE

This policy applies to all residential students of the Hugonote Kollege. As far as possible, services will also be provided to students studying via distance learning.

3. OBJECTIVES

- To provide accessible health and wellness support to all students, regardless of their financial background.
- To utilize cost-effective measures to address health and wellness needs.
- To raise awareness about self-care and healthy lifestyles among students.

4. PRINCIPLES

4.1 Campus Health Resources

- The Student Support Service of the College will collaborate with local healthcare providers and clinics to offer discounted medical services and consultations to students.
- Utilize existing facilities and repurpose available spaces for basic healthcare services and wellness activities.

4.2 Student-Led Initiatives

- Utilize the student leadership committees to organize peer-led workshops, events, and awareness campaigns.
- Encourage student involvement in planning and implementing cost-effective wellness activities.

4.3 Online Resources

- Communicate reliable health and wellness information, resources, and self-help tools via the MyNotes online portal.

4.4 Mental Health Support

- Provide initial support and referrals for students in distress via the Student Support Office and the existing resource database.
- Collaborate with local mental health organizations to provide free or low-cost counselling services.

4.5 Physical Activity Promotion

- Utilize open spaces for outdoor fitness activities, such as team sports and group exercise sessions.
- Organize campus-wide fitness challenges and events to encourage physical activity.

4.6 Nutritional Education

- Facilitate affordable healthy meal options where possible.

4.7 Stress Management Workshop

- Offer information on stress reduction, time management, and study techniques to support students' academic success.
- Tap into the expertise of staff and professionals to provide information and other opportunities on holistic approaches to managing stress.

4.8 Community Partnerships

- Forge partnerships with local NGOs, community health centers, and businesses to expand wellness resources and discounts for students.
- Collaborate with local fitness centers, and wellness practitioners to offer discounted services.

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| Rev. 1 | Policy E.7 | QF Oct 2023 |
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4.9 Awareness Campaigns

- Launch cost-effective awareness campaigns on topics such as mental health, healthy eating, and physical activity.
- Utilize social media and campus noticeboards to disseminate health tips and information.

4.10 Feedback Mechanism

- Establish a feedback system for students to share their suggestions and experiences with the health and wellness initiatives.
- Use student input to refine and adapt programs based on their needs.

4.11 Evaluation and Adaptation

- Regularly assess the impact of the policy through surveys, participation rates, and feedback from students and staff.
- Adjust strategies and initiatives based on evaluation results to ensure effectiveness.

5. CONCLUSION

This Health and Wellness Policy exemplifies Hugenote Kollege’s commitment to supporting student well-being by creatively using existing resources, collaborating with local partners, and engaging students. The institution strives to provide a nurturing environment that promotes holistic health and enhances the overall student experience.

6. IMPLEMENTATION

The implementation of this policy is the responsibility of the Student Support Office.

7. RELATED POLICIES

- Gender Based Violence Policy
- Student Support Policy



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| Rev. 1 | Policy E.7 | QF Oct 2023 |
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| Rev. 1 | Policy E.7 | QF Oct 2023 |
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8. MANAGEMENT

The approval and regular review of the policy is the responsibility of the College Management.

