



Alcohol and Drugs Misuse Policy

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1 Statement of intent

Knowledge Gate International School is committed to ensuring that all our students are immersed in the ideal climate to grow in confidence as co-operative, healthy and responsible citizens, fully equipped for the demands and expectations of 21st Century life. A primary concern of all staff is to ensure that every student is safe from risk whilst in our care. We consider the well-being of our students as paramount.

In light of this, the use, sale or exchange of alcohol and/or illegal drugs will not be tolerated at Knowledge Gate International School. Any student breaking the School rules concerning alcohol and/or drugs can expect serious sanctions which may include a fixed term or permanent exclusion.

There are well-established links between inappropriate alcohol consumption, illegal drugs and the quality of life, health, anti-social behaviour and crime. The use of drugs and the inappropriate consumption of alcohol, and the development of associated bad habits, can begin in childhood and it is the aim of this policy to strongly discourage any such usage and bad habits. The School recognises its responsibility, as part of a community-wide response, to offer balanced education to all students in relation to alcohol consumption and all forms of drug use. This will seek to influence students in making informed decisions about alcohol and drugs. The School is committed to working with other agencies involved in combating drug misuse.

2 Aims

- 2.1 We aim, through alcohol and drugs education, to enable students to know and understand the facts about alcohol and drugs, and their effects.
- 2.2 We aim to ensure the health, safety and welfare of all members of our School community. We will take action in cases of alcohol and/or drug misuse to safeguard the well-being of all.
- 2.3 We aim to develop social skills in students to help them avoid negative peer pressure and instead, adopt a positive and committed attitude towards healthy lifestyles and personal well-being
- 2.4 We aim to deliver Alcohol and Drugs Education in the context of the School as part of the community. Schools *alone* cannot solve the problem of alcohol and drug misuse in society but through an effective programme of alcohol and drug education, including approaches to alcohol abuse, at Knowledge Gate International School we can take important steps in tackling it.

3 School Rules Concerning Drugs

- Students are not allowed to possess or use illegal drugs, alcohol, tobacco or harmful solvents on the School premises, or in the immediate vicinity, at any time during and at the end of the School day or on School trips.
- Students may have medication which has been prescribed by a doctor or which has been bought over the counter for the treatment of a specific condition but neither of these can be passed to another student. All such medication is to be stored with the School Nurse.

4 CURRICULUM COVERAGE

Alcohol, Drug and Substance use and abuse will form an integral part of the students' PHSE and science programmes of study. PHSE will be scheduled in Homeroom time as well as being organised through 'workshop' sessions. Faculty assemblies will also provide a forum for delivering aspects of the curriculum, as appropriate. The programme of study for each year group will be co-ordinated by the Pastoral Lead with responsibility and all staff delivering the programme. A key focus is on the social, moral, legal and health implications of alcohol and drug use. Support from external agencies, such as the police and Whispers of Serenity Clinic will be used to reinforce the key messages of the Alcohol and Drugs Education curriculum.

(Appendix 1 outlines the Alcohol and Drugs Education Programme in more detail)

5 Monitoring, Evaluation and review

In line with the School Performance Management review, the teaching and learning of Alcohol and Drugs Education will be monitored through lessons observations, work scrutiny, student and staff feedback as appropriate. Regular teacher review processes will inform discussion about the successful implementation of the policy. Judgments about its success can also be made through gathering evidence from:

- The wider School staff, on how the policy supports them.
- Parents and Governors, about the clarity of information provided.
- Students, and how PHSE provision is meeting their needs.

6 The Teaching of Alcohol and Drugs Education – Methodology and Approaches

- 6.1 Teachers delivering Alcohol and Drugs Education should aim to present facts in an objective, balanced and sensitive manner. They should provide students with opportunities to explore values, make judgements and be better prepared to make informed and principled choices. All Alcohol and Drugs Education should be set within a clear framework based upon the Personal, Social and Health Education (PSHE) guidelines. Students must also be made aware of the law in Oman on the use, possession and selling of alcohol and illegal drugs.
- 6.2 Young people should be encouraged to appreciate the value of healthy lifestyles and personal safety and well-being. They should be helped to consider the importance of avoiding negative peer pressure and considering their actions and the consequences with maturity and rationality. They should be able to recognise the physical, emotional, legal and moral implications and risks of certain types of behaviour and to accept that they are responsible for their actions and the ensuing consequences.
- 6.3 This can only be achieved via reasoned discussion and the provision of accurate information. It cannot be done by instruction alone. Students need to be warned of the risks of alcohol and drugs use, but adopting a 'shock-tactics' approach can be counter-productive. Our job is to promote the spiritual, moral, social, cultural, mental, legal and physical development of students within our School and help to prepare our students for the opportunities, responsibilities and experiences of their adult life.
- 6.4 The PSHE Curriculum is based on a spiral model in which key aspects, such as Alcohol and Drugs Education, are revisited at different stages. This offers progression, increasing in depth of concept and content as the students mature physically, intellectually, emotionally and socially.

- 6.5 PSHE lessons at Key Stage 4 should provide a supportive climate for discussion. 'Ground Rules' are set for discussion and the groups are encouraged to demonstrate trust, care and compassion. They are required to listen to the opinions of others, respect confidentiality, privacy and the 'right to pass' without embarrassment.

7. Discovery of alcohol and/or drug use/possession

A student found to be in possession of any alcohol and/or drugs including tobacco will have it confiscated and will be dealt with under the School's discipline procedures. If a student is discovered to be using, holding or passing on a substance that is thought to be illegal, in all cases the Executive Principal will decide on the action to be taken. Typically, the following would happen:

1. The substance would be confiscated and put in a place of safety. This would normally be a School safe. This should be witnessed by a second member of staff.
2. The student(s) involved would be questioned, allowed to write a statement and a full investigation will be launched.
3. Parent(s) would be informed.
4. Action would be taken over the substance:
 - a) the police can be contacted to determine its nature, or
 - b) the police can be called to remove it, or
 - c) it can be destroyed in the presence of a senior member of staff as a witness.Whichever of the above is done, the substance cannot be held by the School for more than a very short time.
5. The Executive Principal will decide how the School will proceed further.
6. Police will be informed.

8. Confidentiality

Alcohol and drug usage can pose serious risks to the health and safety of students. Teachers will make it clear to students that confidentiality cannot be guaranteed if a discovery or disclosure is made. The School will always inform parents.

9. The Law

Teachers need to be aware of the law concerning alcohol and drugs. Any teacher discovering a suspected substance must not remain in possession of it for any significant length of time but should pass it to a senior member of staff. Any further action taken will depend on whether the substance was or was not a drug. No teacher, parent or student should be in possession of alcohol or an illegal drug.

10. Intoxication/Being under the Influence of Alcohol and/or Drugs

It can be difficult to talk to a person who is intoxicated or under the influence of alcohol and/or drugs and in such a situation it is important to keep the student under observation so he/she does not wander off and get into danger. If the student is conscious:

1. Sit them down in a safe, quiet area where they can be supervised.
2. Ensure ventilation is good, opening a window if necessary.
3. Remain calm and do not raise your voice or issue threats.
4. Help to calm them down if they are distressed.

5. The School Nurse or a trained member of staff should issue first aid if appropriate.
6. Call for assistance if necessary.
7. Telephone parents/carers.

11. Emergency

If this situation arises, a student may have lost consciousness as a result of alcohol and/or drug use or will have gone into a coma through overdosing. The following actions may be taken promptly as necessary:

1. Immediately contact the School office to request the School Nurse or a first aider
2. Do not leave the student alone.
3. Place the student in the recovery position.
4. Request an ambulance.
5. Telephone parents/carers.
6. Question the student's friends to determine which substance has been used. Evidence (e.g. tablets, bottles, syringes) should be collected. This may help hospital staff identify what substance has been consumed.
7. Afterwards, allow yourself some time to unwind. You may be in a state of shock and may benefit from the support of other people.

12. Follow-Up

In any of the above situations, the School will decide how best to follow things up after the immediate emergency has been dealt with. This is likely to be through either helping the student address problems, or a sanction or some combination of the two. Parents'/Carers' involvement may be requested. Incidents will be recorded on the student's file.

(a) Counselling Response

The aim of this is to enable a student to discuss personal issues linked to alcohol and/or drugs and aid him/her in coming to responsible decisions about the issue and the way forward. Counselling will always be offered if a student is found to be in possession of alcohol and/or a drug. It is also likely where an approach is made by a student with problems or where a disclosure is made. The counselling response may be in addition to a disciplinary response.

(b) Disciplinary Response

This will be the response if a student is found to be in possession of alcohol and/or illegal drugs, is in the act of using them or is supplying them on the School premises or during the School day within the boundaries of space and time set out above. In any case of:

- **Possession** of an alcohol and/or an illegal drug (first offence), a student is likely to be issued with a fixed-term exclusion and placed on a Pastoral Support Plan.
- **Supply** of alcohol and/or an illegal drug to another person, or **second offence** of possession, a student is likely to be permanently excluded from the School.
- Use of alcohol and/or an illegal drug on or adjacent to the school site during or at the end of the school day, a student is likely to be permanently excluded from the School.

13 Roles and Responsibilities of

Pastoral Lead

- Holding for/releasing to students medicines on behalf of parents making a written request.
- Locking away in an office safe any suspected illegal substance.
- Designing and overseeing the implementation of the Alcohol and Drugs Education component of the PSHE curriculum.
- Advising the Executive Principal on appropriate CPD for staff.
- Arranging activities and outside speakers where appropriate.

Head of Science

- Deciding on and overseeing the implementation of the alcohol and drugs component of the Science curriculum.

School Leadership Team

- Ensuring that a curriculum for alcohol and drugs education is in place and is delivered.
- Participating in review of the policy and ensuring the School's discipline procedures cover alcohol and drug-related incidents.
- Overseeing the investigation of any alcohol and drug related incidents.
- Participating in review of the policy.

The Executive Principal

- Making the final decision on disciplinary response to alcohol and drug-related incidents.

14 Related Policies

The following policies should be read in conjunction with the Alcohol and Drugs Policy:

- Safeguarding and Child Protection Policy

APPENDIX 1 – The Alcohol and Drugs Education Curriculum

The overall aim of Alcohol and Drugs Education is to allow students to develop knowledge, attitudes and skills that assist them to resist alcohol and drug misuse. Alcohol and Drugs Education is given through the PSHE and Science Curriculum.

Alcohol and Drugs Education will:

- Enable students to make healthy, informed and responsible choices by increasing knowledge, exploring their own and other people's attitudes and developing and practising skills.
- ▯ Promote positive attitudes towards healthy lifestyles.
- ▯ Provide accurate and reliable information about alcohol and drug substances.
- ▯ Increase understanding about the implications and possible consequences of use and misuse of alcohol and drugs.
- ▯ Encourage an understanding for those experiencing or likely to experience substance use.
- ▯ Widen understanding about related health, social and legal issues, e.g. crime, HIV and AIDS.
- ▯ Seek to minimise the risks that users and potential users face.
- ▯ Enable young people to identify sources of appropriate personal support.

In the main teachers teach alcohol and drugs education, but where appropriate, outside visitors may contribute and will be aware of the School's Alcohol and Drugs policy. Teachers have access to ongoing support and training as part of their own professional development and teaching materials are reviewed for quality and relevance.

Resources are carefully selected to support and inform our in-house Alcohol and Drugs Education programme. Up-to-date materials produced by outside organisations are integrated into the programme. A variety of learning approaches are used.

KS1 PSHE

Curriculum – Grades 1 and 2

Rules are Important
Feeling Unwell and the role of Medicines
How medicines can be harmful
Safety around household substances
Dangers of discarded syringes and needles

KS2 PSHE

Curriculum – Grades 3 and 4

Taking a risk – positive and negative outcomes
Weighing up the pros and cons of taking risks
Why take risks?
The pressures and influences on us Smoking – weighing up the risks
Resisting unhelpful pressure or influences

Curriculum – Grade 5

What do we already know and understand about drugs?
Learning about alcohol

Attitudes to drinking alcohol

Debating a topic

Drug Awareness, Smoking, Alcohol, solvents and Peer influence/pressure

KS3 PHSE

Curriculum

- Grade 6
- Self esteem
 - Bullying (peer pressure)
 - Local support and charities
- Grade 7
- Personal responsibilities
 - The Media
 - Celebrities and drugs
 - Advertising legal drugs
 - Role models
- Grade 8
- Anti-social behaviour
 - The Law (penalties)
 - Taxation (duty on alcohol and tobacco)
 - Healthcare Systems and Services

KS3 Science

In Key Stage 3 Science, students are introduced to learning about the adverse effect that the abuse of alcohol and drugs can have on health.

KS4 PSHE

Curriculum

- Grade 9
- Peer pressure and drugs
 - Smoking and the Law
 - Smoking and health
 - Alcohol and the Law
 - Drugs and the Law
- Grade 10
- Smoking in public places
 - Smoking, alcohol and drugs – your views

KS4 Science

At Key Stage 4, the KS3 theme is expanded with students considering the detail of some of the effects that alcohol and drugs can have on mental and bodily functions. These include the effects of:

- **solvents** - behaviour, the lungs, liver and brain
- **tobacco** - blood vessels, the heart and the lungs
- **alcohol** - behaviour, the nervous system, liver and brain