



Sidney Stringer
Multi Academy Trust

Policy for Health and Wellbeing August 2019 – August 2022

Mission statement

Sidney Stringer Multi Academy Trust

- is committed to providing workers with a safe, healthy and supportive environment in which to work
- recognizes that the health and wellbeing of our workers is important
- will commit to providing a supportive workplace culture where healthy lifestyle choices are valued and encouraged

Objectives and strategies

Sidney Stringer Multi Academy Trust will:

- Encourage that workers are more physically active by making provisions in the workplace for activity opportunities
- Provide healthy nutritional choices in the workplace through addressing healthy physical settings, food supply and education
- Educate workers around safe alcohol consumption and the health effects of smoking
- Promote awareness of key health issues for workers (including mental wellbeing)
- Encourage workers to provide input into health and wellbeing initiatives

Responsibility

Workers/volunteers/contractors are encouraged to:

- Understand this policy and seek clarification from management where required
- Consider this policy while completing work-related duties and at any time while representing (insert organisation name).
- Support fellow workers in the awareness of this policy
- Support and contribute to Sidney Stringer’s aim of providing a safe, healthy and supportive environment for all workers

Managers have a responsibility to:

- Ensure that all workers, contractors and volunteers are made aware of this policy
- Actively support and contribute to the implementation of this policy, including its mission, objectives and strategies.
- Manage the implementation and review of this policy

Communication

Sidney Stringer Multi Academy Trust will ensure that:

- All workers will be made aware of the location of all policies on the shared staff directory and asked to familiarize themselves with these as an integral part of the induction process
- Policies are easily accessible by all members of the organisation including those who may not have computer access.
- Employees are informed when a particular activity aligns with a relevant policy

Monitoring and review

Sidney Stringer Multi Academy Trust will review its policies annually in line with set procedure

Effectiveness of the policy/program will be assessed through:

- Feedback from workers, health and safety committee and management
- Review of the policy implementation to date by management and committee to determine if all objectives have been met
- Worker engagement

This policy has been assessed in accordance with all guidelines and will be reviewed every 12 months	Signature:
	Management signature:
	Date:
Date of next review	February 2018