

STUDENT HEALTH PROMOTION POLICY

CAFRE aims to promote the health and wellbeing of all students. CAFRE will do this by supporting healthy lifestyles through balanced nutrition, appropriate physical activity, healthy sexuality, good stress management and other aspects of positive health behaviour by:

- Provision of a smoke-free environment
- Availability of healthy food choices
- Offering a range of physical activities
- Providing information to students via the Student Health Fair and follow-up sessions in key areas
- Working with Student Representative Councils to encourage ongoing health promotion activities
- Implementation of existing policies on: Drugs and Alcohol; Health and Safety; Sexual Orientation Discrimination; Internet and Email Usage; Anti-bullying; Equality; Bio-security and Discipline