

## EATING DISORDERS

### Developing An Eating Disorder Policy

#### Guidelines include:

##### 1. A statement of intent

**Explain why the policy has been written and what it should be used for.**

EXAMPLE: This policy outlines the schools response to managing an eating disorder whilst the student is in school and is for students, their parents/carers and staff.

##### 2. A definition of eating disorders

**A brief description of the three main groups: Anorexia Nervosa, Bulimia Nervosa, and Compulsive Eating.**

EXAMPLE: Eating disorders, Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder (compulsive over eating) are serious mental illnesses affecting 1.6 million people in the UK. They are most likely to develop in the teenage years and although more girls are affected, around a quarter of the population affected by an disorder at school age are boys.

##### 3. Policy Objectives

**Who the policy is for and why.**

EXAMPLE: This policy is intended for students, parents/carers and staff

**How the school will help support pupils with eating disorders**

EXAMPLE: The school will help pupils with eating disorders by developing a common understanding through training such as use of stem4-ED; named staff for support; listening to concerns from friends; chain of action. The recommended chain of action is as follows:

#### **Illness is suspected or confirmed**

- Student is spoken to re concerns (by nominated teacher).
- Parents/carers are informed (and also referred to school nurse).
- Parents/carers invited in to school for a meeting with senior staff.
- Parents/carers are recommended to seek consultation with family GP and to inform the school of the outcome within a nominated period of time.
- School is given permission by parents to have feedback from the GP.
- If no follow up occurs with the GP and the school remains concerned, the school may arrange an appointment with the school doctor. In situations of extreme concern the school is also able to refer directly to CAMHS.
- Follow-up meetings are arranged between parents/carers and senior staff so that progress can be assessed and any targets reviewed.

- Nominated staff member from named core team will act as link with student.
- Timetable changes, such as a suspension of PE lessons, are likely to occur.
- Based on medical feedback, the suitability of the student's continuing attendance at school will be assessed.

#### **4. Named Core Team**

This team should be based on appropriate experience and training. Pupils will then be clear as to whom to approach.

#### **5. School Policy on confidentiality**

Example: Our school policy is to inform parents/guardians if we feel the pupil is at a risk to themselves or to others. We will inform the pupil that the information will be passed on and also about the content of the information. The school may, in the first instance, encourage the pupil to tell their parents/carers themselves or with the support of a member of the core team.

The school may also need to pass on the information to some of the staff. The pupil and their parents/carers will be informed and the reasons why such staff would need to know (eg. sports teacher). Information exchanged between staff should only be on a 'need to know' basis and discretion would always be encouraged.

If concerns about a pupil have been raised by a friend/s, it should be decided with the pupil what feedback is given to the friends about the action the school will be taking on their behalf. The school will also make sure that any friends presenting needs will also be supported either through recommendation of stem4-ED website or resources, or referral to the school nurse.

#### **6. Management of other relevant circumstances**

Schools need to consider their policy when managing the return to school after a student has been on an in-patient treatment programme for an eating disorder. Schools need a specific policy which outlines action to take if a pupil dies as the result of an eating disorder.

#### **7. Documentation**

The school will always document steps taken in the care of a pupil who presents with this condition and any further management details.

#### **8. Related policies**

Attach other relevant policies such as Safeguarding and Child Protection, Data Protection etc.