

Disordered Eating Policy

Disordered eating falls on a spectrum of eating behaviours and relationship with food. Generally, it refers to **disturbed and abnormal eating behaviours** which might include skipping meals, restrictive dieting or having rigid rules around eating e.g. removing a major food group from the diet.

- Bodywork Company will always treat cases of disordered eating in a professional and sensitive way. Dance UK and BEAT guidelines and advice are adhered to.
- If there is a history of disordered eating, the student should disclose this information on entry in order for support to be put in place if needed.
- Students should feel able to discuss worries with college staff, the Head of Wellbeing will help with referral and adjustments within college.
- Concerns may be raised by students or staff and should always be addressed to the Head of Wellbeing or member of SLT, never directly to the student. Communication with family may occur if the student is under 18 or with permission of a student who is over 18.
- Once it has been established that help is needed, a multi-disciplinary approach is followed, including communication between GP, specialist referrals, staff, the student and where possible and appropriate the students' family.
- Students will be permitted time out of college for appointments.
- A monitored care plan may be put in place by specialists/GP and the student may take time out of training if they wish to do so.
- **STAFF MUST ALWAYS BE MINDFUL OF USE OF COMMUNICATION AROUND BODY FORM**, inappropriate comments can be hugely damaging and have long term affects on the mental and physical health of students. If a student has disclosed an eating disorder staff will be informed with the permission of the student.

<https://www.beateatingdisorders.org.uk>

<https://www.onedanceuk.org>

Reviewed by Mike Udin, Chair of Governors – September 2020 To be next reviewed September 2022