



We commit to looking after our own wellbeing and supporting others to do so, knowing that taking the time to improve and maintain good wellbeing will lead to improved productivity, engagement and academic performance.

In addition to this, as students at ACS we commit to...

PHYSICAL HEALTH

- Encouraging ourselves and others to be active for good physical and mental health in a way that works best for us as individuals
- Supporting individuals to try different activities if they wish, creating an enabling environment so all can get involved with physical activity
- Supporting our fellow students to find activities they enjoy and can do sustainably – they don't have to be hard or boring!!



MENTAL HEALTH

- Ensuring that we feel comfortable in knowing where to go for mental health support and supporting others to seek out the help they need
- Doing our best to foster an enabling environment where people can speak openly about their mental health
- Approaching mental health as we would our physical health, to speak about it when needed and to listen to others without judgement
- Encouraging our fellow students to take the time to look after their mental health, and helping them find the ways that work best for them
- Encouraging each other to find creative activities that support personal wellbeing and support ourselves and each other to find times to do those activities.



SLEEP & NUTRITION

- Striving to understand what impacts our sleep, how much quality sleep we need and how to support recovery, and to support our peers in good sleeping habits
- Sharing facts about the importance of healthy nutrition and diet, the impacts it has on our health and to encourage each other to eat and drink healthily
- Supporting our peers to understand what is a healthy quantity of food and drink to consume as individuals and that this will be different for each person.

DIVERSITY & INCLUSION

- Being open to speak about D&I issues and wins at ACS
- Striving to understand how D&I issues impact others, to avoid discrimination and support one another to do the same
- Speaking about D&I openly and in a respectful way, encouraging equality, balance and a well-rounded community
- Learning about different D&I groups to help us gain an enhanced acceptance of others and to normalise and celebrate diversity further.

PEER SUPPORT & OPENNESS

- Striving to express ourselves in a respectful way, encouraging others to do the same and to listen to their opinions
- Creating and enabling environment where students feel comfortable expressing themselves, particularly around their wellbeing
- Fostering an environment where we feel safe and trusting of others, but where we do not take advantage of that trust
- Informing students when and where to signpost issues to professionals to support ourselves and our friends.