

Health Education Policy for St Patrick's Primary School, Gortin



HEALTH EDUCATION POLICY

Rationale

In St Patrick's Primary School we are aware of our role in helping our pupils to develop a healthy lifestyle.

We see Health Education as being not only limited to the classroom but which should be reinforced in all aspects of school life.

We recognise the importance of building good relationships, sharing and accepting responsibility, building self esteem and reducing stress for staff and others.

Aims and Objectives

- We believe that good health is necessary for successful learning and aim to provide an environment which promotes the health and safety of all staff and pupils.
- We believe that children need to be educated to use leisure time productively thus promoting both physical and mental well being.
- We aim to deliver health education in a cross curricular way taking every opportunity to promote positive health messages.
- We believe that children need to learn about the importance of personal hygiene, a healthy diet, road and personal safety, and respect for themselves and others.
- Children need to be aware of the need to respect their own and the property of others, global environmental issues and their role in influencing these.
- There are a number of dimensions to Health Education ie
 1. Health and Personal Development.
 2. Health and Social Development.
 3. Health in relation to the Environment.

Health and Personal Development

This will be addressed through discussion in Religious Education and Literacy and closely linked to the general aims of the school.

Physical fitness will be addressed through PE and our extra curricular activities and Brain Breaks, Healthy Eating will be encouraged through the PDMU and WORLD AROUND US programmes, our Healthy Break Policy and provision of healthy dinners and nutritional advice by our canteen staff, our Healthy Munch Box

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Challenge, and our Health/Eco Inspectors and Student Council, Dairy Council-Food and Fitness programme..

Drugs, smoking and alcohol abuse will be addressed in the Key Stage 2 World Around Us Programme.

Health and Social Development

Health and Social Development will be delivered in a cross curricular way and closely linked to the Pastoral Care Policy within the school.

It will include planned and incidental learning opportunities which will be used to develop behaviour which is conducive to good health.

Relationships within the family

Pupils should be able to make a positive contribution to the life of the family unit based on their knowledge and understanding of the concept of the family.

Relationships with peers

Pupils should be able to manage relationships with peers in a variety of situations.

Relationships with others

Pupils should understand the nature of relationships with others and, as they mature, be able to establish responsible relationships within a widening community.

Health in relation to the Environment

- This will focus on Personal Safety.
- Respect and care for the property of others and the school.
- Safety in school and following the rules of school, classroom and in the playground.
- Road safety will be delivered through the road Safety Calendar and ROSPA.
- Cycling Proficiency will be delivered in Year 7.

Roles and Responsibilities

Pupils

Health Education should involve pupils in thinking critically, developing the ability to make reasoned choices and developing skills that are necessary for a healthy lifestyle. Such involvement requires the active participation of pupils in the learning process. They should have opportunities to seek out, develop and apply their knowledge, skills, understanding and competences in order to encourage responsibility, develop self-reliance and make healthy choices.

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Teachers

Teaching staff should aim to create a learning environment which:

- Encourages each pupil to develop confidence and competence.
- Facilitates a participatory approach in which each pupil is actively involved.
- Accepts that everyone has a contribution to make which is valued explicitly and involves pupils in continuing evaluation of their learning so as to guide them in the recognition of their own development and responsibility for their own learning.

The Health Education Co-ordinator

(Roles and Responsibilities)

Mrs Cunningham is the Co-ordinator for Health Education. The Health Education Co-ordinator has an important role to play in:

- Encouraging a Health Promoting School.
- Ensuring the adequate coverage of Health Education within the Curriculum through the monitoring of 6 weekly planners particularly in the areas of PDMU and WORLD AROUND US
- Communicating with staff involved in promoting Health Education.
- Identifying and arranging staff development and training.
- Monitoring and reviewing the Health Education Policy and programme and evaluating both on a regular basis.

Parents

Schools should seek to ensure that the positive health messages being promoted within the school are supported by parents and the wider community.

This school ensures this by the following methods:

- Parents are encouraged at all times to promote good health.
- Home/school links are established and encouraged.

Monitoring and Evaluation

This school will ensure that procedures are put in place to monitor and evaluate the effectiveness of all aspects of this policy. Information will be regularly collected from pupils and staff as part of the monitoring process, and this will then be evaluated against the aims and objectives of the policy at regular intervals.

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