

HEALTH EDUCATION POLICY

Rationale

We believe that the primary school can play an important role in helping children develop healthy lifestyles which can contribute to their long term health.

We believe that by providing health education at school, we can achieve better health for our children.

The school health education that we provide will contribute to achieving the targets set by the Government's Health of the Nation strategy in the five key areas of Cancer, Coronary Heart Disease and Strokes, Mental Health, Accidents and Sexual Health. School health education is also part of the school statutory responsibility laid down in the Education Act of 1988 to:-

- provide a broad and balanced curriculum which:

(a) promotes the spiritual, moral, cultural, mental and physical development of pupils at school and in society.

(b) prepares pupils for the opportunities, responsibilities and experiences of adult life.

The school to have a positive influence on the health of children, their families and the community through:

- providing planned health education in the curriculum

- promoting good health in school

Purpose and Aims

The aim of this policy is to communicate clearly to staff, parents, governors, visitors and pupils how health education is approached in school.

The approach taken by the school is based on:

(1) By providing a well planned health education curriculum which ensures that topics are developed throughout the school years and which take account of each stage in the lives of our children, their needs and interests as they move through the school.

(2) By providing a curriculum which emphasises a positive healthy lifestyle.

We aim to:-

- create a health promoting school environment reflecting our school ethos.
- raise pupils' self esteem, self confidence and self worth.
- give pupils information about what helps and hinders their health.
- enable pupils to make informed decisions about their health.
- help pupils explore their attitudes and values that influence their decisions made about lifestyles.
- teach personal and social skills needed to deal with health risks.

Health Education and Content of Curriculum

The school will take a whole school approach to health education which includes both promoting positive health throughout the school and providing a planned health education curriculum. Health Education is the provision of knowledge, skills and attitudes which will help pupils make informed decisions and develop positive healthy lifestyles. Education about health includes physical, social, emotional, mental and spiritual aspects of health.

The health education curriculum will be taught in the context of personal and social education. It will be developed through the school's termly topics in a two year rolling programme.