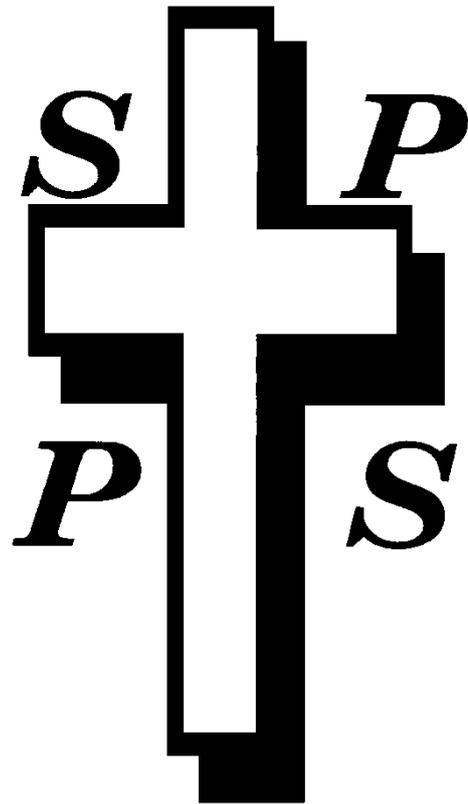


St Patrick's PS



Health Education Policy

Review due: Nov 2025

Overview

The School believes that the promotion of a healthy lifestyle is a very important part of both our curriculum and our wider school environment. The Board of Governors, teaching and ancillary staff, work together to promote the health of everyone within the school community.

We provide a caring, social environment within which we promote the health and well-being of everyone. It is also a positive social environment relating to the preparation of the child for personal, social and family responsibilities.

We give a basic knowledge and understanding of health matters - physical, mentally and socially - as it affects the children and others, thus enabling them to make well informed choices in their daily lives.

Aims:

- Create an environment, which promotes the health and well-being of all staff and pupils.
- Deliver Health Education within the curriculum in a way that is meaningful and which complies with statutory requirements.
- Ensure that all aspects of school life promote positive health messages
- Promote positive attitudes towards a responsible healthy lifestyle for all within the school community
- Provide a health education programme which fosters the development of a child's feelings and aspirations and builds up his self-esteem so he is able to view himself and all his relationships in a more positive and constructive way.
- To develop within the child a sense of responsibility towards others in the family circle, school and general community.
- To encourage the active involvement of parents, community and other agencies in our good life style programme.

The Health Education programme is a cross curricular theme which will be incorporated and taught through the main areas of study in the school.

Organisation and delivery of our Health Education:

The ethos of the School is believed to be as important as any formal content of teaching and so we try to promote a quality of relationship between ancillary staff, teachers and pupils which will play a significant part towards the achievement of the aims of our Health Education policy.

Health Education includes planned and incidental learning opportunities, which can be used to develop behaviour that is conducive to good health. We strive to equip our children with the skills and knowledge necessary to make informed decisions and responsible choices in

matters relating to their health and well-being. We believe that Health Education must address both physical and mental health.

All staff members contribute to the teaching of the Health Education programme which embraces a number of dimensions –

Health in the Context of Personal Development

The children should understand the stages involved and the factors which govern physical and emotional health. Aspects of this strand are clearly identified and addressed in the following:

- PDMU Programme
- W.A.U Programme
- Religious Education
- Literacy: Talking and Listening
- Circle Time
- Nutrition

Physical Fitness, Recreation and Relaxation

Pupils can achieve and maintain an appropriate level of fitness. They should understand the role of recreation and the value of relaxation. This strand is delivered primarily within the P.E. Programme and through the varied programme of school participation in competitions and after-school activities. Pupils are encouraged to practise personal hygiene in relation to physical activities and to acknowledge relevant rules and safety procedures.

Healthy Eating/Nutrition

Pupils are given the information and skills to enable them to make responsible decisions about their diet. They know and understand the contribution of food to growth and health. Children will:

- Learn about a healthy diet.
- Explore relationships between diet and health
- Develop an understanding of and practise the safe handling of food.
- Be encouraged to bring healthy snacks for break-time e.g. a piece of fruit.
- Be encouraged to eat a balanced lunch/school dinner, containing fruit or vegetables.

Drugs and Harmful Substances

Pupils develop their knowledge and understanding of the use, misuse, risks and effects of drugs, smoking and other potentially harmful substances. These issues are dealt with as part of the PDMU & WAU programmes.

St Patrick's Primary School's Drugs Policy sets out clearly the school's approach to drugs and drugs education. The school actively engages with the Smoke Busters programme and addresses the misuse of substances as part of preparation for the Sacrament of Confirmation.

Relationships within the Family

Through sensitive discussion and study, children recognise the importance of the family unit and the part each member can play. They consider the roles and responsibilities of family members. This is dealt with through the delivery of the religious education programme and through the development of personal skills and capabilities as well as circle-time, PATHS and PDMU.

Relationship with Peers

Children are given the opportunities to explore friendships, peer pressure and the influence of peer groups. They are encouraged to develop and practise a sense of fair play, tolerance, sharing and co-operation; these issues pervade every day school life.

Relationships with Others

Children will come to understand the nature of relationships with others and through recognition of the school ethos and commitment to our Christian values system will begin to establish responsible relationships within a widening community. As well as becoming more confident in communicating with adults and handling social relationships, children are given strategies to protect themselves in potentially dangerous situations.

Personal Safety in the Environment

Children should be able to cope safely and efficiently with their environment. This involves helping children to: Develop an understanding of, and practise principles of Road Safety, be aware of the importance of a responsible approach to safety in the home and school environment, accept responsibility for the safety of themselves others. Children in Key Stage 2 will gain confidence and skills in water through classes at the swimming pool as well as cycling skills through the Cycle Proficiency Scheme.

A Healthy Environment

Children consider the environmental factors which affect health. They will have the opportunity to explore how the use of some natural resources can have a harmful effect on the environment. They will come to understand how improvements can be made in their

own locality to maintain healthy surroundings and will be aware of the part that they can plan in this.

Health in the Context of Social Development

- Relationships within the family
- Relationships with peers
- Relationships with others

Health in Relation to the Environment

- Personal safety in the environment
- A healthy environment

The topics for a scheme of work are integrated into the reaching of other subjects using an approach which involves teaching the class as a whole, group work or individual teaching and learning according to the needs of the children.

For the past number of years, we have successfully participated in the Healthy Snacks programme and we have a No Smoking policy within the school and its grounds which has recently been extended to include E-Cigarettes.

Resources for Health Education:

Each class has a wide variety of resources which range from an excellent selection of good texts books and Religion books.

The school is also participating in the PATHS programme.

In addition, we use circle time and ICT to put across the Health Education message.

Every class has a 'Brain Break' unit containing sensory resources for those that need them.

Role of Parents:

The involvement of Parents is an important feature of our Health Education policy. Parents will be made aware of and consulted about the Healthy Living programme to be used. This will be done at Parents' Meetings, through display work, interviews with individual parents, the use of questionnaires and news sheets. Parents will be encouraged to provide support for the programme and promote good health practices at home and at school.

Outside Agencies:

To augment the work of the school, we are aware of the available services of the following - Priest, Health Visitor, School Doctor and Nurse, School Dentist and Dental Hygienist, Police - road safety, and Library Services, EWO, REACH Team.

The Role of the Co-coordinator:

The coordinator will facilitate and enhance the teaching of Health Education within the School. He has the responsibility of devising, reviewing and implementing the Health Education policy. He will help identify needs within the School in terms of resources and any suitable Inset Courses. His role will include attending relevant courses and reporting back to his colleagues.