

Health Education Policy

Date Ratified by Board of Governors: _____

Date Policy to be reviewed: _____

Signature of Chair of Governors: _____

Signature of Principal: _____



Health Education Policy

At St. Anthony's Primary School we are acutely aware of our role in helping pupils to develop a healthy lifestyle. We see Health Education as being not only limited to classroom activities, but something which should be reinforced in all aspects of school life. Staff, Board of Governors and relevant agencies work together to promote the health of everyone in the school community. We recognise the importance of building good relationships, sharing and accepting responsibility, building self-esteem and reducing stress for pupils and staff.

Aims

At St. Anthony's Primary School we aim to:

- 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.
- encourage the active involvement of parents, community and health service agencies to advise, support and contribute to the promotion of good health.
- deliver Health Education as a cross-curricular issue and take every opportunity to address the issue as an integral part of teaching.

Overview

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. There are a number of dimensions to Health Education :-

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:

- WAU
- RE

- English: Talking and Listening
- Circle Time
- Together 4 All Social and Emotional Learning Initiative

Physical Fitness, Recreation and Relaxation

Pupils should 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 After-school Clubs which includes different sports, hobbies and topics of special interest. Pupils are encouraged to practise personal hygiene in relation to physical activities and to acknowledge relevant rules and safety procedures.

Nutrition

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

- learn about a healthy diet.
- explore relationships between diet and dental health.
- develop an understanding of and practise the safe handling of food.
- be encouraged to bring a healthy snack for break-time. They are encouraged to eat a plain biscuit and/or a piece of fruit.
- be encouraged to eat a balanced lunch, containing fruit or vegetables.

Much of this area is delivered through the World Around Us (Science).

Drugs and Harmful Substances

Pupils should develop their knowledge and understanding of the use, misuse, risks and effects of drugs and other potentially harmful substances. These issues are dealt with as part of the Science programme. Ballymena Primary School's Drugs Policy sets out clearly the school's approach to drugs and drugs education.

Relationships within the Family

Through sensitive discussion and study, children should recognise the importance of the family unit and the part each member can play. They will consider the roles and responsibilities of family members. This will be dealt with more extensively in RE and the T 4 All programme.

Relationship with Peers

Children will be given the opportunities to explore friendships, peer pressure and the influence of peer groups. They will be encouraged to develop and practise a sense of fair play, tolerance, sharing and co-operation. (See T 4 All programme)

Relationships with Others

Children will come to understand the nature of relationships with others and through recognition of the school ethos and commitment to the Code of Conduct 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 will be made given strategies to protect themselves in potentially dangerous situations. (See RE, T4 All, Child Protection, Drugs. Anti-bullying Policies)

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 and others.
- acquire a knowledge of and competence in elementary first aid
- gain confidence and skills in water.

(See Road Safety and PE Policies)

Healthy Eating

Pupils are encouraged to eat a healthy balanced diet. Through their work in World Around Us children find out about healthy food items and those foods which can damage their well being.

St. Anthony's participates in the healthy eating initiative- Boost Better Breaks. In Nursery, Reception and F1 children are provided with a healthy break of a piece of fruit or vegetable. Children in the older classes bring their own healthy break to school. Children are actively discouraged from eating crisps, chocolate bars or other unhealthy food items.

School meals service follows healthy eating guidelines:

- Each week there are two red meat free days
- Fish is provided once a week; oily fish e.g. salmon, provided once every three weeks
- Nothing is deep-fat fried apart from chips which are only available once a week
- There is a selection of 2 vegetables each day
- There is a salad choice once a week
- For dessert there is a choice of fresh fruit available each day

Dental Health

With the guidance Dental Department of Brownlow Health Centre, Nursery, Reception, Foundation 1 and 2 pupils brush their teeth after lunch each day.

Parents and children are educated about the guidelines for healthy teeth and gums:

- Try not to eat or drink sugary foods between meals and at bedtime
- Brush your teeth and gums morning and night, using a smear of toothpaste. Do not swallow toothpaste. Spit out but do not rinse out after tooth brushing.
- Children should be registered with a family dentist and attend regular checkups.

A Healthy Environment

Children will 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 play in this.

Roles and Responsibilities

Staff

All staff will actively support, contribute to and be involved in the promotion of good health. All staff will participate in staff development as and when necessary.

Parents

Parents are asked to support the school in the promotion of good health; particularly in encouraging children to participate in sports and after-school activities and in the provision of healthy snacks and lunches.

Governors

The Governors will monitor the implementation of this policy and evaluate and review regularly.

Advice, information and guidance from the following agencies are used in the forming of this policy and the delivery of Health Education:

- SELB
- Health Promotion Agency
- Homefirst