



St. Anthony's Primary School and Nursery

Health Education Policy

Created: May 2005

Amended: March 2026

Signed: _____
(Chair person Board of Governors)

Date: _____

Introduction:

St Anthony's recognises the important role the school plays in promoting and supporting the health and well-being of all members of the school community. We are committed to helping pupils develop the knowledge, skills and attitudes needed to lead healthy lifestyles. Health education is not limited to the classroom but is promoted and reinforced through all aspects of the school life.

Staff, the Board of Governors and relevant agencies work collaboratively to support and promote the health and well-being of students, staff and the wider school community. At Saint Anthony's we value the importance of positive relationships, shared responsibility, the development of self-esteem and the creation of a supportive environment that helps to reduce stress and promote well-being for both pupils and staff.

Aims:

At St. Anthony's primary school we aim to:

- ❖ Create a school environment that promotes the health and well-being of all pupils and staff.
- ❖ Deliver health education through the curriculum in a meaningful way that complies with statutory requirements.
- ❖ Ensure that all aspects of school life promote positive health messages.
- ❖ Encourage the active involvement of parents, the wider community and health service agencies and advising, supporting and contributing to the promotion of good health.
- ❖ Deliver health education as a cross curricular theme and take every appropriate opportunity to address it as an integral part of teaching and learning.

Curriculum Provision:

Health education is delivered through the school curriculum in a planned and progressive manner. Within the curriculum, opportunities are provided for pupils to develop knowledge, understanding and skills which support healthy lifestyles and positive well-being. Much of this learning takes place through PDMU, PATHS, Physical Education and other areas of learning.

Health education is addressed as a cross curricular theme and is integrated into a range of subjects where appropriate. Through these learning experiences students are encouraged to develop healthy habits, make informed choices and understand the importance of physical, emotional and social well-being.

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 PDMU and WAU Science programme. St. Anthony's 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 the Grow In Love Religion Programme and the PATHS 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. (PATHS 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

given strategies to protect themselves in potentially dangerous situations. (See Grow in Love Religion Programme, PATHS, 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)

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:

Promoting health and well-being is responsibility of the entire school community.

- ❖ The principal and senior leadership team provide leadership on ensure that the policy is implemented throughout school.
- ❖ Teachers and support staff promote positive health messages through teaching, daily interactions and the wider life of the school.
- ❖ The Board of Governors supports the school in promoting health and well-being and ensures that appropriate policies are in place.
- ❖ Students are encouraged to take responsibility for their own health and well-being and to support others in making healthy choices.

Links with Parents and the Community:

Saint Anthony's recognises the promotion of healthy lifestyles is most effective when there is a strong collaboration between school, home and the wider community. Parents and carers are encouraged to support the school in reinforcing positive health messages and healthy habits.

The school works in partnership with relevant agencies and organisations to provide advice, support and resources which contribute to the promotion of good health and well-being within the school community.

Monitoring and Review:

The implementation of this policy will be monitored by the Principal and staff to ensure that it continues to support the health and well-being of students and staff. The policy will be reviewed periodically, or when necessary, to reflect changes in legislation, guidance or the needs of the school community.

The Board of Governors will be involved in the review process to ensure that the policy remains relevant under and effective.