

Health Education Policy

Rationale

At Abbey 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, parents and relevant agencies work together to promote the health of everyone in the school community.

Aims

At Abbey Primary School we aim to:

- Create an environment, which promotes the health and well-being of all staff and pupils.
- Develop pupils' personal and interpersonal skills.
- Deliver Health Education within the curriculum in a way that is meaningful and which complies with statutory requirements.
- Encourage pupils to take responsibility for their own health, by providing them with the necessary knowledge.
- 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 behaviours which are 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. The importance of relationships within the family, with their peers and with others plays an important part, and children are given opportunities to explore relationships with others. They will be encouraged to develop and practise a sense of fair play, tolerance, sharing and co-operation. Aspects of this strand are clearly identified and addressed in the following –

- Science programme
- PDMU
- English : Talking and Listening
- Circle Time

Physical Fitness – Recreation and Relaxing

Pupils should achieve and maintain an appropriate level of fitness. They should understand the role of recreation and the value of relaxation. This stand is delivered primarily within the Physical Education programme and through the varied programme of After-school Clubs, which includes

different sports, hobbies and areas 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 opportunity 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 the relationships between diet and dental health.
- Develop an understanding of and practise the safe handling of food.
- Enjoy and understand the importance of a healthy break. Primary 1-4 children are provided with fruit and milk or water, while P5-P7 children are encouraged by incentives to bring in a healthy option.
- Be encouraged to eat a balanced lunch, containing fruit or vegetables.

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.

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 road safety in the home and the environment.
- Accept responsibility for the safety of themselves and others.
- Gain confidence and skills in water (Primary 5).

A Healthy Environment

Children will consider the environmental factors which affect health. 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 they can play in this.

Roles and Responsibilities

Staff

All staff, teaching and non-teaching, will actively support, contribute to and be involved in, the promotion of good health. All staff will participate in staff training 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-schools 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.