

Sperrinview School

Health Education Policy

Definition:

Health Education is any learning situation which promotes a safe, happy and healthy life style. In Sperrinview, we see Health Education as the promotion and fostering of knowledge, skills and habits which will enable our pupils, in relation to their ability, to take responsibility for their own wellbeing in terms of hygiene, diet, exercise, rest, relationships, avoidance of life-damaging activities etc. It is our pro-active approach to pupil health.

Justification:

We consider these abilities to be essential to the development of balanced, independent individuals and acceptable members of society and we are committed to spending as much time/ effort as is necessary to help our pupils succeed in this area of our curriculum.

Through the Health Education programme we enable the pupils to take as much control and responsibility for their own living as possible.

Implementation:

Our pupils approach their Health Education programmes in a planned and structured way through PDMU/PD in Middle and Senior Schools, as is appropriate to their age and ability.

These programmes are the responsibility of the class teachers. The knowledge and skills gained are generalised, reinforced and embedded in daily practice, involvement in the hidden curriculum and the standards, expectations and demands of our school's ethos.

Our Health Education programmes are supported by outside agencies eg; dental hygienist, police, beautician etc.

We use published and school prepared resources and materials, including IT programs.

All staff will take responsibility to ensure the pupils are given every opportunity to receive instruction and to practise and foster good habits in the following areas:

1. Hygiene, personal and environmental.
2. Diet.
3. Exercise, recreation and relaxation.

4. Safety in relationships.
5. Safety in their physical environment, (situations, equipment and substances).

This will be approached by each class as appropriate to the age and ability of pupils and be included in PDMU/PD programmes.

In the junior school the knowledge, values and skills which form the PDMU programme are taught through everyday school activities.

Specific programmes are designed to meet sensitive/significant individual needs.

This format is continued throughout school, with the addition of a more structured, specific programme for use with pupils in the senior school.

Sensitive issues are dealt with on an individual basis as and when identified.

Intimate Care Procedures are implemented for pupils where appropriate.

Information and skills are gained from outside agencies eg: Police, Dentist, Beautician etc.

Evaluation:

The approach will be effective if pupils develop social and life skills to stay healthy.

The success of our programmes will be measured against our individual pupil's ability to take control of his/her own wellbeing and be seen in the general standard of relevant performance among the pupil body.

Review

A sub-committee of the Board of Governors will monitor and evaluate the effectiveness of this policy as part of a timetabled, on-going process.

Signed: _____ Date: _____