



ST. MARY'S HIGH SCHOOL, NEWRY

Health Education Policy

Revised February 2018

Rationale:

St Mary's plays an active role in helping our pupils to develop a healthy lifestyle. Health Education is an important aspect of the curriculum and pastoral provisions, reinforced in all aspects of school life where healthy attitudes are adopted by students regarding their lifestyle and lifestyle choices.

“A commitment exists, through being a healthy school, to supporting healthy children, who are better able to learn and develop”

Every School a Good School (April 2009)

“Pupils develop relevant personal and social skills and understanding which help them to respond appropriately to situations affecting their welfare”

Together Towards Improvement

“As a Rights Respecting School we aim to provide our students with the required knowledge and skills to enable them to make informed decisions and adopt health attitudes towards their lifestyle and health”.

Rights Respecting Schools Award

Definition:

Health education includes all those planned or incidental learning opportunities which can be used to develop behaviour which is conducive to good health. Responsible attitudes and the skills necessary to make informed decisions in matters relating to health are the intended outcomes of health education in the curriculum. The three main aspects of health education relate to:

- Personal development
- Social development
- The environment

Aims:

In St Mary's, we aim to:

- ✚ enable pupils to achieve their physical, psychological and social potential and to improve their self-knowledge and self-esteem
- ✚ create an environment that promotes positive attitudes towards 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
- ✚ promote a sense of responsibility in respect of individual, family and community health
- ✚ encourage a healthy lifestyle by ensuring all aspects of school life promote positive health messages.

- ✚ to enable pupils to acquire skills in decision-making, in managing and handling situations of stress in relation to health.
- ✚ provide a knowledge base and to enable pupils to acquire an understanding of this knowledge and the skills to interpret it.

Overview:

In St Mary's we strive to equip our pupils with the skills and knowledge necessary to make informed decisions and responsible choices in matters relating to their health and well being. We believe in the Catholic ethos and at all times, our Health Education strategies will reflect the teachings of the Catholic Church.

Objectives:

1. Health in the context of personal development:

Pupils should develop to their fullest potential. They should develop a positive self-image and self-confidence. They should understand the stages involved and the factors which govern physical and emotional growth.

2. Physical fitness, recreation and relaxation

Pupils should achieve and maintain an appropriate level of physical 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 extra curricular activities which includes sports, hobbies and topics of special interest pupils.

3. Nutrition

Pupils should be able to make responsible decisions about their diet. They should understand the contribution of food to growth, energy and health.

Pupils 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- through the 'Better Breaks' initiative; and only drink water as part of our 'Wise up to Water' campaign.
- be encouraged to eat a healthy balanced lunch, containing fruit or vegetables.

Much of this area is delivered through the Science, Learning for Life and Work and Home Economics programme in Key Stage 3 and 4

4. Drugs and harmful Substances

Pupils should develop their knowledge and understanding of use, misuse, risks and effects of drugs and other potentially harmful substances. They should develop a critical awareness of the relevant personal, social and economic implications.

5. Relationships within the family

Through sensitive discussion and study, pupils should recognise the importance of the family unit and the part each member can play. Pupils should be able to make a positive contribution to the life of the family unit based on their knowledge and understanding of

the concept of family. This will be dealt with more extensively in the Pastoral Care Programme and within subjects such as Home Economics, Personal Development and Religious Education.

6. Relationship with peers

Pupils will be given 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. Pupils should be able to manage relationships with their peers in a variety of learning and social situations. The ethos of St Mary's being a Rights Respecting School is one which promotes the development of respectful relationships and through a range of learning experiences pupils practice and model such behaviour.

7. Relationships with others

Pupils should understand the nature of relationships with others and as they mature, be able to establish responsible relationships within a widening community. Pupils will be given strategies to protect themselves in potentially dangerous situations. Through their school career, students will have opportunities where they will learn about and have contact with people from other cultures and backgrounds.

8. Health in relation to the environment

Children will consider the environmental factors which affect health. They will have an 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 locality to maintain healthy surroundings and will be aware of the part that they play in this. Certain subjects play a significant role relating to issues of environmental health including Technology and Design, Geography and Science.

10. Personal safety in the environment.

Pupils should understand what is meant by a healthy environment and their responsibility for maintaining and improving it. This includes:

- helping pupils to develop an understanding of, and practise principles of Road Safety
- making pupils aware of the responsible approach to safety in the home and school environment
- pupils accepting responsibility for the safety of themselves and others
- pupils acquire a knowledge of and competence in elementary first aid
- making pupils aware of the safety regulations in practical subjects.

Organisation and Structure:

Health Education themes are delivered by Form Teachers during the weekly timetabled Personal Development lesson and in a cross-curricular through subjects contributing to its delivery. (Health Education shares content with the Programme of Study for Science, Religious Education, Physical Education, Home Economics and English). The Health Education Programme allows for the transfer and reinforcement of learning occurring in a range of contexts.

The expertise and skills of education and health professionals from statutory and voluntary organisations are regularly utilised. All such agencies will be asked to adhere to the school's

Health Education Policy and to our aims being a Catholic and Rights Respecting School. Parents will be informed before all visits.

Roles and Responsibilities:

Health Education Coordinator

The Coordinator for Health Education, Mrs Joanne McGinn is responsible for ensuring that the Health Education Policy within the school is consistent with the development of Health Promotion and Education and when necessary makes recommendations as to changes that need to take place including the resources to promote healthy lifestyles.

The Coordinator will regularly:

- review the Health Education Policy to ensure it promotes health lifestyles;
- co-ordinate, monitor and review Health Education initiatives and activities;
- promote Health Education throughout the school by collaborating with a broad range of potential community based health agencies to develop resources and organise activities.

Form Teachers

Form Teachers will ensure:

- The effective delivery of Health Education themes within Personal Development lessons is the responsibility of individual Form Teachers;
- All pupils in their form class have equal access to the programme;
- Lessons are adequately planned for with high quality delivery;
- Pupils are encouraged to reflect on the knowledge and skills acquired during Personal Development and record these in their work books;
- Create a child centred supportive learning environment where students feel comfortable to discuss their feelings and emotions;
- Any concerns regarding the Health Education/Personal Development of individual students are reported to the Year Tutor and if necessary the Designated Teacher for Child Protection;
- Check student workbooks and co-operate with the Quality Management process within the school – Book Monitoring.

All Staff

All staff will actively support, contribute to and be involved in the promotion of good health. Mrs Joanne McGinn as Health Education Coordinator will ensure the vision for a Healthy school is articulated, shared, understood and acted upon effectively by all.

Pupils

- Pupils will participate in all aspects of the PD Programme across all key stages;
- Pupils will be encouraged to participate in discussion concerning relevant health issues;
- Pupils will be able to attend a range of seminars and talks on health issues;
- Pupils will follow all Health related school policies and will support all Health Initiatives i.e Better Breaks, Fruity Fridays, Fitness for Fun and ‘Wise up to Water’

Parents

Parents are asked to support the school in the promotion of good health; particularly in encouraging children to participate in the Better Breaks and water only initiative and in all sporting activities.

Use of External/Support Agencies:

We acknowledge the importance of ensuring that any external agencies used to support the delivery of Health Education adhere to the values and ethos of our school. All external and support agencies will receive a copy of the Health Education policy before commencement of their work in the school.

Current external/support agencies include:

- Love for Life
- Action Cancer
- Fireworks Safety (Newry)
- Newry Dance Academy (Zumba)
- Southern Trust (Drugs and Alcohol Awareness Workshop)
- Fitness Freddie
- Action Cancer 'Your Body, Your Health'
- AWARE (Defeat Depression)
- PSNI
- Teenage Cancer Trust
- South Eastern Health Trust
- School Nurse
- School Counsellors

Business Links:

- Patrick Phillips Fruit
- Boots Chemist

Related School Policies:

This policy is set within the broader school context of Pastoral Care and as such should be implemented in conjunction with the following school policies:

- ✚ Pastoral Care Policy
- ✚ Child Protection Policy
- ✚ Drugs Education Policy
- ✚ Anti-Bullying Policy
- ✚ Relationships and Sexuality Policy
- ✚ Behaviour Policy
- ✚ Internet Policy
- ✚ Personal Development Policy

Dissemination of the Policy:

Pastoral Policies are shared with Year 8 parents and are available on the school's website. A Pastoral Policies overview is sent to all parents at the start of each academic year.

Monitoring, Evaluation and Review:

Mrs McGinn, Health Education Co-ordinator is responsible for monitoring, evaluating and reviewing the implementation of the Health Education Policy. She will:

- ✚ Co-ordinate the programme for Health Education;
- ✚ Advise on training and professional development;
- ✚ Liaise with other staff, external agencies to enhance the programme;
- ✚ Review the implementation of the policy and advise the Principal and SLT on a regular basis;

- ✚ Ensure the content of the Health Education Programme will be assessed within the compulsory assessed subjects and recorded accordingly;
- ✚ Liaise with Form Teachers, Year Heads and other staff to evaluate and change provision as necessary;
- ✚ Ensure high percentage uptake of the immunisation programme;
- ✚ Evaluate pupil's attitude towards health issues through use of questionnaires