

HOLY FAMILY PRIMARY SCHOOL  
MAGHERAFELT



**HEALTH EDUCATION  
POLICY STATEMENT**

## **Health Education Policy**

### **Rationale**

At Holy Family 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. The Board of Governors, staff 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 wherever possible.

### **Aims**

At Holy Family 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:

- Science programme
- Religious Education
- English: Talking and Listening
- Circle Time

### **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 school participation in competitions and after-school activities. Pupils are encouraged to practise personal hygiene in relation to physical activities and to

acknowledge relevant rules and safety procedures.

### **Healthy Eating / 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 health.
- Develop an understanding of and practise the safe handling of food.
- Be encouraged to bring healthy snacks for break-time. They are encouraged to eat a plain biscuit and/or a piece of fruit or raw vegetables.
- Be encouraged to eat a balanced lunch/school dinner, containing fruit or vegetables.

The promotion of healthy eating is embedded in the school's commitment to 'Catering for Healthier Lifestyles Standards' as outlined in our Healthy Snacks Policy [Appendix 1]

### **Drugs and Harmful Substances**

Pupils should develop their knowledge and understanding of the use, misuse, risks and effects of drugs, smoking and other potentially harmful substances.

These issues are dealt with as part of the Science programme. Holy Family Primary School's Drugs Policy sets out clearly the school's approach to drugs and drugs education. The school also actively engages with the Smoke Busters programme and addresses misuse of substances as part of preparation for the sacrament of confirmation.

### **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 through the deliver of the religious education programme and through the development of personal skills and capabilities as well as circle time.

### **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 these issues will pervade every day school life.

### **Relationships with Others**

Children will come to understand the nature of relationships with others and through recognition of the school ethos and commitment to our Christian values system 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.

### **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 and acquire a knowledge of and competence in basic life saving skills through the Heartstart programme.

Children in Key Stage 2 will gain confidence and skills in water through classes at the swimming pool.

### **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 with the Principal.

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

- NEELB
- Health Promotion Agency
- Homefirst Trust

## **APPENDIX 1**

### **Healthy Snacks Policy**

#### **Aim**

- To promote the development of a positive approach to healthy Eating

#### **Objectives**

- To encourage children to drink milk or water/flavoured water.
- To encourage children to eat a piece of fruit or raw vegetables at break time
- To encourage parents to support our healthy Breaks initiatives by providing the appropriate foods/drinks
- To encourage parents to carry this approach to lunch/dinner and lifestyle outside school
- To support the Board of Governors in its commitment to our Health Education Programme