

# Health Education Policy



Policy Reviewed Autumn 2015

Next Review Date Autumn 2018

Signed ..... Chair of Governors

Signed..... Principal

# **ST. BRIGID'S PRIMARY AND NURSERY SCHOOL, AUTISTIC AND LEARNING SUPPORT CLASSES.**

## **HEALTH AND EDUCATION POLICY**

### **Principles**

Health education at St. Brigid's promotes planned learning opportunities which encourage a healthy life style approach for all pupils and staff.

The teaching of health education in the school will promote responsible attitudes and develop the skills necessary to make informed decisions in matters relating to health and well being. The areas are recognising and valuing the options for a healthy lifestyle including drugs awareness, as well as the benefits of exercise, rest, healthy eating and hygiene.

### **Purposes**

- To promote self esteem.
- To help the pupils to explore and understand the importance of good diet, physical activity and mental well being.
- To develop and consolidate attitudes and approaches to healthy lifestyle from home and make provision to build on this within the school setting.
- To encourage a close relationship between home and school for the promotion of good health practices across the three key stages.
- To have an understanding of the body and how it works.
- To create a planned positive learning environment which provides understanding of all aspects of healthy lifestyle approaches.

## **Practices**

Pupils will have the opportunity to: -

- Develop a positive self-image, self-confidence, cooperation, independence, tolerance and commitment.
- Understand stages involved in physical and emotional growth.
- Achieve and maintain an appropriate level of physical fitness.
- Understand the role of recreation and the value of relaxation.
- Make responsible decisions about their diet.
- Know and understand the contribution of food to growth, energy and health.
- Understand that medicines are given to make you feel better, but that some drugs are dangerous.
- Being aware that drugs and other substances can be harmful if not used properly.
- Know and understand the use, misuse, risks and effects of drugs and other potentially harmful substances.
- Develop positive relationships with their peers.
- Be able to cope safely and efficiently with their environment.
- Ensure PDMU is implemented and linked with World Around Us planner.

## **Implementation approaches will include**

Health Education as a cross-curricular theme will be delivered specifically through the programmes of study within the revised curriculum, with a focus on science and PE. ICT will also be used to compliment and support work where appropriate.

- Physical activities, opportunities to investigate, analyse and record results.
- Use of audio-visual material; links with outside agencies where appropriate e.g. School Nurse; School Dental Nurse; Road Safety Officer; Health Promotion Officer, Fire Officer etc.
- The school will involve itself in relevant programmes or initiatives run by agencies promoting improvements in healthy lifestyles.

## **Assessment**

Assessment will be part of learning experiences and will be undertaken essentially through classroom activities. Assessment will be made through observation and/or discussion during a task and the examination of completed work in whatever form e.g. written record, computer printout, display etc.

## **Monitoring and Evaluation**

The overall education health programme for the school will be evaluated at staff, SMT and Board of Governors levels.

**Established Healthy Eating Practices at  
St. Brigid's Primary School and Nursery Unit**

- ❑ Facilitate the running of a breakfast club where children will be encouraged to eat a healthy breakfast of fruit juice, cereal and toast.
- ❑ At morning break children will be encouraged to
  - drink milk or water
  - eat fruit or other healthy alternative
- ❑ Parents will be encouraged to support our healthy eating policy by sending only still water, fruit juice, fruit or vegetables with their children to school.
- ❑ Year 1 and 2 pupils pay weekly for fruit and monthly for milk. They are encouraged to sample different fruits each day.
- ❑ Milk will be available for pupils to buy for break time.
- ❑ Provide opportunities for the pupils from year 3 upwards to buy a selection of fruit at break time.
- ❑ Encourage the children to eat a balanced meal at lunchtime, making appropriate choices from those provided by the canteen, including: vegetables, Pasta, rice, meat, water, milk or fruit juice drinks.
- ❑ Fresh fruit available in canteen each day.
- ❑ Limit the availability of treat foods.
- ❑ All staff will promote the healthy eating school focus.
- ❑ Involve the children in preparation of nutritional foods through cookery clubs.
- ❑ Provide workshops in preparation of healthy foods and drinks for parents and children.
- ❑ Promote the drinking of still water as the first and best choice.
- ❑ Water will be provided for Nursery children from their snack fund.