

# **HEALTH EDUCATION POLICY NAZARETH HOUSE P. S.**

Reviewed 2005  
2007

## **ETHOS**

Our school is one where the staff share a clear sense of purpose and direction and work together (and with parents) for the good of all children, the able, the disabled and the less able, the advantaged and the disadvantaged, the settled and the traveller.

The general aim of our school is to provide a Christian, caring and sharing atmosphere in which all our pupils can develop intellectually, socially, physically and morally to the limit of their potential.

The school sees itself as part of the local community. We view education as a partnership between home and school and we aim to work with parents, appropriate and qualified outside agencies and specialist services for the health and well being of children. We aim to promote health awareness, self-esteem, well-being, self-regard and self-confidence in every pupil.

In our school all children are regarded as of equal value and we strive to provide for each according to his/her needs and to offer positive encouragement to all achievements. We look for the good things a child has to offer and try to help him/her to cope with and overcome limitations. We recognise the uniqueness of each child and endeavour to help them attain their full potential to become balanced and socially competent individuals with a sense of responsibility towards others, the community and the environment.

The school believes Health Education is a very important part of the School's curriculum. It provides a social environment relating to the preparation of the child for personal, social and family responsibilities. It gives a basic knowledge and knowledge of health matters - physical, mental and social - as it affects themselves and others, thus enabling them to make well informed choices in their daily lives.

It creates a healthy environment in respect of safety and hygiene and also provides facilities for exercise and leisure.

Health Education supports the school health service in its contribution to the overall health of the pupils.

## AIMS

1. To develop with the child, from an early age before attitudes begin to harden in early adolescent, the right values and knowledge he needs to behave in a social and moral way.
2. To encourage the development of different relationships in which the child is involved, from within the family circle, the classroom and his own peer group.
3. To ensure that each child will have a basic knowledge and understanding of human development i. e. different body systems, their structure and function.
4. To foster a development of a child's feelings and aspirations.
5. To help develop and build up the child's self-esteem so that he is able to view himself, his relationships, hopes, achievements and failures in a more positive and constructive way.
6. To develop the child's ability to examine the pros and cons of any situation which may arise and come to a responsible decision. Thus the child can by conscious, well informed choices determine his future health and lifestyle.
7. To help the child to acquire the necessary communication skills for the variety of situations and problems he will have to meet.
8. To develop within the child a sense of responsibility towards others in the family circle, school and general community.

## **ORGANISATION AND DELIVERY OF HEALTH EDUCATION**

Within the Northern Ireland Curriculum, Health Education is a cross curricular theme which is taught through the main areas of study in the school.

The ethos of the school is believed to be as important as any formal content of teaching and so we try to promote a quality of relationship between teachers and pupils which will play a significant part towards the achievement of the aims of our Health Education policy.

All staff contribute to the teaching of the Health Education programme which embraces nine main areas:-

1. Medicine and Drugs
2. Growing up
3. Families
4. Being Safe
5. Exercising/Rest
6. Healthy Eating
7. Keeping Clean
8. The Environment
9. Feeling Good

The topics are integrated into the teaching of other subjects using an approach that involves teaching the class as a whole, group work or individual teaching and learning according to the needs of the children.

The Health Education policy and scheme is reviewed and assessed regularly.

## **OBJECTIVES**

It is intended to provide an environment within which the children should have the necessary experience enabling them to develop to their fullest potential.

They should develop a positive self-image and self-confidence. The pupils should have gained, at a level appropriate to their abilities, a simple knowledge and understanding of the following aspects of Health Education:

### **1. MEDICINE AND DRUGS**

- Alcohol
- Smoking
- Drugs
- Harmful Substances

### **2. GROWING UP**

- Stages of growth and development
- Boys and girls - relationships peers
- Taking on responsibilities
- Co-operating with others

### **3. FAMILIES**

- Relationships, caring, sharing and respect.
- Love, happiness, responsibilities
- Co-operation

### **4. BEING SAFE**

- On the road
- At home
- On the farm
- At school
- At play
- In the water
- Saying "NO" to strangers

### **5. EXERCISING**

- Value of regular exercise
- Fresh air, rest and sleep

### **6. HEALTHY EATING**

- Well balanced diet
- Making choices
- Responsibility for

## **7. KEEPING CLEAN**

Personal care and hygiene

Taking responsibility for:

Hair, feet, ears, teeth, hands and eyes.

## **8. THE ENVIRONMENT**

Care and protection of

Responsibility towards

Contribution to a healthy environment

## **9. FEELING GOOD**

Self esteem

Contribution to self-esteem of others

Difference and disability

Happy, fit, healthy

Balance of 5 and 6

Positive attitudes

Overall the children should have a knowledge, understanding and necessary skill to:-

- Have some appreciation of the cause and effect for example that habits, life styles and patterns of behaviours can promote or detract from good health.
- Develop an awareness of what is involved in making a decision about health related matters for example the knowledge, expectations of others, personal feeling and estimate both of the immediate and long term effects of their decisions.
- Have the capacity to share and co-operate.
- Have the ability to get things in perspective and put them in order of importance.
- To have the awareness of their own and others' emotions and feelings and important aspects of mental health.

## **CHILDREN SHOULD HAVE HAD THE OPPORTUNITIES AND EXPERIENCE TO:-**

1. Cultivate a well-informed, healthy respect for others and their points of view.
2. Having an understanding of different life styles.
3. Have an abhorrence of both physical and mental cruelty.

The children should have developed the required skills - related to health matters but not unique to health education - which will enable them to:-

- Listen to differing views and put forward their own point of view.
- Weighing evidence and reaching a conclusion.
- Communicate knowledge and ideas about health education through oral work, written work, visual presentation and simple experiments.
- Employ elements of the appropriate scientific vocabulary in talking about human growth and development.
- Make practical use of the knowledge gained.

To augment the work of the school we should be aware that the following are available:-

**School Nurse**  
**Dental Nurse**  
**Educational Psychologist**  
**Priest**  
**Police-Road Safety**  
**Library Service**  
**Northlands**  
**Fire Service**  
**Speech Therapist.**  
**Hope North West**  
**Gasyard Health Forum**  
**Breath of Hope**  
**Divert**

## **RESOURCES FOR HEALTH EDUCATION**

Each class has a wide range of resources and because of its cross curricular nature a range of resources stem from other subject areas, R. E., English, P. E. etc. The most recently adopted text for Health Education is Health Education Blueprints. N.C. (Stanley Thornes) KS1 and KS2.

## **ROLE OF PARENTS**

The involvement of Parents is an important feature of our Health Education programme.

Parents are made aware of our programme of Health Education:-

1. Through the school Prospectus distributed to all new parents.
2. At parents meetings sometimes through the use of outside agencies.
3. By the display of work and art work taken home.
4. Interviews and meetings with individual parents.
5. Communications about healthy eating awards.
6. Letters sent out regarding snacks for breaks and contents of lunch boxes.

Parents are encouraged to provide support for the programme and the promotion of good health practices at home and at school.

HEALTH EDUCATION  
POLICY

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