

St Peter's RC Primary School Policy for Health Education and Health Promotion August 2015 (under revision)



This document is a statement of aims, principles and strategies for promoting good health and health education at St Peter's RC Primary School. It will be reviewed by December 2015

Rationale

'A health promoting school is one in which all members of the school community work together to provide pupils with integrated and positive experiences and structures, which promote and protect their health, the creation of a safe and healthy school environment, the provision and appropriate health services and the involvement of the family and wider community in efforts to promote health.'

World Health Organization (1995)

'Learning and Health go hand in hand. Good health of children and young people is a prerequisite for educational achievement. Good health of teachers is important to the development of effective schools. Health Promoting Schools aim at empowering students, staff and parents to actively influence their lives and their living conditions.'

Education and Health in partnership: European Conference, 2002.

We place Health Education at the centre of our Primary Curriculum. It provides our children with the knowledge to achieve a positive, healthy lifestyle, which will lead on to greater self-awareness and improved self-confidence. This knowledge will give each child a solid foundation to build upon in the future.

As a Health Promoting School, we seek ways to constantly strengthen our capacity as a healthy setting for living, learning and working.

Aims

We aim to provide a Health Education Curriculum that:

- Acknowledges the links between a pupil's physical, mental, emotional, social and environmental needs.
- Is broad and progressive, challenging and enjoyable.
- Actively promotes self-esteem of the whole school community.
- Activates the expertise of specialist services in the community to support health promotion
- Through sound teaching practices, enables pupils to acquire the necessary knowledge to make informed choices, relevant to their personal health, using a range of appropriate activities and resources in different subject areas.
- Promotes strong liaison and good relations with parents and the wider community.
- Uses every opportunity to improve the physical environment of the school and develops as an EcoSchool.
- Acknowledges that school nutrition reflects and supports the healthy school ethos.
- Encourages all staff and pupils to drink water at school.
- Encourages quality pastoral care for all pupils and staff and encourages staff to lead by example.

Health Promoting Initiatives

The school provides stimulating challenges for all pupils. These include:

- Two hours' quality PE lessons with all classes receiving input from the specialist PE teacher every week.
- Health promotions meetings involving teachers, children and parents
- Whole school Health Week
- Participation in a variety of school sporting activities
- Regular visits to Aberdeen Sports Village
- Involvement in Active Schools extra-curricular sports events
- Playground games and equipment
- Outdoor play for primaries 1 – 7
- Dance, music, drama and environmental activities
- Annual Primary 7 visit to St Michael's Centre, Tomintoul
- Swimming lessons for all pupils for 4 weeks at Aberdeen Aquatics Centre
- Swimming for P4 for 11 weeks at Northfield Swimming Pool
- Pupil Council and prefect meetings
- Eco School committee and practical work
- Playground improvement committee and meetings
- Garden gang
- Playground games – Positive Playtimes with Young Sports Leaders
- Input from Health Promotions about smoking and drugs
- 'Police Box' resource to teach aspects of personal safety, often with input from police officers
- Visits from the school nurse to talk about Personal Hygiene and Nutrition
- Pastoral care by regular visits from School chaplain, Fr Gabo Czako
- Involvement of school cook from Seaton Kitchen and our school meals staff to encourage all pupils to eat vegetables and choose healthy options.
- Visits from Rowett Institute staff to teach Healthy Eating and Balanced Plate
- Many outside agencies – BP, Seafish, Lidl, Asda Stores, Marks and Spencer, Tesco, Sainsburys and Morrisons
- Participation in Childsmile – toothbrushing in P1 and P 2 and fluoride coating for P1 – P4

Assessment Strategies and Recording

- Observation of children's skills
- Active Listening and Questioning
- Drawing
- Annotating
- Writing
- Self Assessment
- Peer Assessment
- Reporting – written and or oral – to teacher, group, class

Monitoring and Evaluation Procedures

- Health Promoting School Committee meetings
- Forward Planning
- Displays
- On-going updates of resources

Health Education at St Peter's RC Primary School

All class teachers are responsible for planning, delivering and assessing learning in the five areas of Health and Wellbeing covered within the Curriculum for Excellence:

- Mental, emotional, social and physical wellbeing
- Planning for choices and changes
- Physical education, activity and sport
- Food and health
- Substance misuse and relationships
- Sexual health and relationships.

All families are given information about the curriculum in the school handbook and at the 'Meet the teacher' evening in September. Separate meetings are held to describe the sex education programmes, 'God's Loving Plan', approved by the Bishops' Conference.