



# ST PAUL'S HIGH SCHOOL, BESSBROOK

## Health Education Policy

Revised December 2015

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### Mission Statement

St Paul's High School is a Catholic community, committed to providing high quality education in an atmosphere of mutual respect where each individual is valued as an important member of our school family. We value the personal, moral, social and spiritual development of each student, encouraging respect for self and others including the core values of truth, kindness, integrity and compassion.

### Rationale

The Governors and staff of St. Paul's recognise the important connection between a healthy lifestyle and a pupil's ability to learn effectively and achieve high standards in school. St Paul's plays an active role in helping our pupils develop a healthy lifestyle. Health Education is an important aspect of the curriculum and pastoral provision, reinforced in all aspects of school life, where healthy attitudes are encouraged by pupils.

***'Every School A Good School' (April 2009); states that schools should demonstrate that 'a commitment exists, through being a healthy school, to supporting healthy children, who are better able to learn and develop'.***

This policy, therefore, emphasises the important link between a healthy lifestyle and educational achievement. All staff have a responsibility for promoting a healthy lifestyle in school. The Pastoral Team will optimize opportunities to address health related issues via assemblies and Pastoral Programmes. Health Education is also a key issue within many curricular areas and is explicitly addressed within the following subjects:

- Home Economics
- Health & Social Care
- PE
- Science
- LLW

### Aims

We aim to foster positive attitudes towards all aspects of health:

- To create an environment that enables pupils to achieve their full potential at all levels

- To encourage a healthy lifestyle by ensuring all aspects of school life promote positive health messages
- To help pupils establish a healthy lifestyle that they will continue into adulthood
- To increase pupil voice in the promotion of a healthy lifestyle, via discussion at Student Council and SNAG level
- To ensure that food provision in the school reflects the ethical and medical requirements of all pupils and staff (religious, ethnic, vegetarian, medical, allergenic)
- To ensure that pupils are well nourished at school and have access to safe, nutritious food and that water is easily available in school

## **Objectives**

### **Nutrition**

- Pupils should be able to make responsible decisions about their diet, through having an understanding about the way food contributes to growth, energy and general health and wellbeing
- Nutrition based health will be learned within the curricular areas of Science, LLW, Home Economics and Health & Social Care
- Nutrition based advice will extend beyond the classroom and will be visible in wall displays in the corridors and canteen; this will be co-ordinated by the SNAG
- Nutrition based advice will also be part of the Pastoral Programme, with the Pastoral Theme for October focusing on Health Education

### **Drugs, Alcohol and other Harmful Substances**

- The dangers of the use, misuse, risks and effects of drugs, alcohol, cigarettes and other harmful substances are addressed at a curricular and pastoral level
- Pupil should develop a critical awareness of the implications of such substances on their holistic health

### **Mental Health**

- This aspect of Health Education is a key area within PE, LLW and Health & Social Care. Pupils will develop a knowledge and understanding of ways to positively manage their mental health and avoid unnecessary stress
- The Pastoral Programme will address mental health issues at assemblies and external agencies will also help deliver this aspect of our Health Education Programme:
  1. NIABF
  2. PIPS
  3. AWARE
- Safeguarding also addresses mental health through referrals to counselling when an issue of concern arises

### **Physical Fitness**

- Pupils should be encouraged to achieve and maintain an appropriate level of physical fitness. They should also understand the role of recreation and the value of relaxation
- The physical fitness aspect of Health Education is primarily delivered through the PE Curricular Programme
- The school's extra-curricular programme also offers a diverse range of physical activities for all pupils, so that they have the opportunity to pursue something which provides them with opportunities to achieve a suitable level of fitness:
  1. Football
  2. Soccer
  3. Gymnastics
  4. Netball
  5. Dance
  6. Basketball
  7. Rugby
  8. Cross Country
  9. Spinning classes
- The annual Spinathon is another mechanism used within the school to try and encourage physical fitness in a fun way

### **Role & Responsibilities of the Pupil**

- To follow all health related school policies
- To participate in all aspects of Health Education issues within the curriculum areas
- To support all health related initiatives introduced by the Pastoral Team and/or SNAG (Fruity Fridays, Sticks n' Action)
- To attend all health related workshops, which form part of the Pastoral Programme

### **Role & Responsibilities of the Parent/Guardian**

- To support the school in the promotion of good health (avoid providing sugary drinks, snacks for break and lunch)
- To support the school in encouraging all pupils to participate in the PE Programme within the curriculum
- To encourage their children to participate in extra curricular activities

### **Role & Responsibilities of the School**

- To review the Health Education Policy
- To introduce and promote health related programmes that will benefit the pupils
- To promote Health Education as a pastoral theme for October
- To make referrals, when necessary, regarding a pupil's mental health
- To co-ordinate immunisation programmes within the Year 9 and other relevant groups

### **Use of External/Support Agencies**





We acknowledge the importance of a range of external support agencies in promoting and supporting Health Education within the school, but also the importance of ensuring that such agencies adhere to the values and ethos of our school.

Current external / support agencies include:

- School nurse
- Love for Life
- School Counsellors
- PSNI (Fireworks Safety)
- AWARE
- PIPS
- NIABF
- Cycle Against Suicide Campaign
- Immunisation Programmes

### **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
-  Safeguarding Policy
-  RSE Policy
-  Anti Bullying Policy

### **Dissemination of the Policy**

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

Pupils are reminded about their roles and responsibilities in relation to attendance during induction at the end of August and reminded throughout the year.

### **Monitoring, Evaluation and Review:**

The Head of Pastoral Care, Ms C S Fearon, the Pastoral Team and the SNAG are responsible for monitoring, evaluating and reviewing the implementation of the Health Education Policy. The policy and procedures will be revised in light of any DE guidance and legislation, as necessary, and it will be reviewed annually. This will be done in consultation with governors, staff, pupils and parents. On-going evaluation will ensure the effectiveness of this policy.

Approved by SLT: ..... (Date)

Ratified by BOG: ..... (Date)

Signed: ..... (Chair of Board of Governors)

To be reviewed: ..... (Date