



HOLMLEIGH PRIMARY SCHOOL

HEALTH EDUCATION POLICY 2019

“Children should find out about themselves, developing their ideas about how they grow, feed, move and use their senses. Using suitable books, pictures, charts, they should be introduced to ideas about how they keep healthy through exercise and personal safety.”

(Nat. Curriculum Science p. 66, para 2)

AIMS

The aims of the School Health Education Policy are to help children develop an awareness of their physical and emotional development and to help children to play a part in their own well-being and to care for their environment.

Experiences to develop concepts and attitudes

Many areas of Health Education will arise naturally as part of Topic work.

Some of these concepts could be explored:-

- Healthy Diet
- How the body works
- Personal cleanliness
- Relationships
- Growth and Development
- Coping with emotions and sexual feelings
- Healthy habits
- Using the environment safely
- Coping in an emergency
- Keeping the environment clean

Sex education should be taught as an integral part of Health Education.

Equal Opportunities

We should be aware of opportunities to promote positive self-images. We should also be aware of approaching sensitive issues with tact and caution and with due regard to religious and cultural traditions represented in our school.

Monitoring and Assessment

Samples of work and valuable observations can be made when doing Health Education work, and can be noted as part of a cross-curricular method of recording.

Resources

We already have some resources, posters, video programmes, booklets and books in the library. We are able to contact people to visit. We will be expanding these resources.

Adult Roles

Class teachers will be responsible for teaching Health Education and for keeping a record of what areas they have explored. Non-teaching staff can be involved in discussion and their valuable observations in the playground can help teachers plan appropriate areas of study. Parents should be involved as appropriate.

Related Policies

There are a range of other policies available on the shared network relating to health issues.