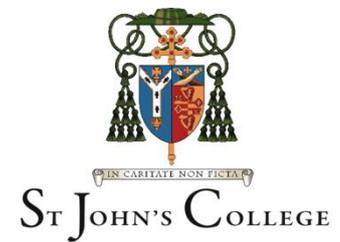


Health Education Policy



St John's College

HEALTH EDUCATION POLICY

This policy applies to the Senior School. **Version: September 2017**

This policy is reviewed annually by the Governing Body - The Board of Trustees, and was last reviewed in: **September 2017**

Rationale

Health issues affect all individuals both at a personal and community level. Health Education in schools, as part of a wider framework, helps students deal with those issues which may affect them now or in their future lifestyles.

Aims

- To provide pupils with the knowledge and understanding of health issues, so helping them to make informed decisions about their health;
- To support and promote positive attitudes and practices conducive to good health and encourage pupils to take responsibility for their own well-being;
- To enable pupils to develop the required skills, such as assertiveness, and apply these to the choices they make;
- To help pupils understand themselves and their own bodies, and work towards developing a positive self-image;
- To enable pupils to develop and grow into a caring and responsible adult;
- To keep staff updated and informed on health matters;
- Sex Education and Drugs Education are seen as part of Health Education but are dealt with under separate policies.

Responsibilities

Assistant Head, Pastoral - draws up, implements and reviews the health education policy and ensures that staff are aware of the content of the policy.

Personal, Social, Health and Citizenship Education (PSHCE) Co-ordinator - draws up, implements and reviews the health education programme to respond to the needs of students and external influences.

Heads of Year - ensure that students appropriately know the relevant health education.

Form Tutors & Class Teachers - deliver the School's health education programme through the PSHCE curriculum and give feedback to the PSHCE co-ordinator about the effectiveness of the programme.

Heads of Department - ensure that, within their departments, appropriate opportunities are taken to reinforce the school's policy on health and to deliver the appropriate health education, as detailed in the health education programme.

Subject Teachers - deliver the appropriate health education in the classroom.

All Staff - Health education is a whole school issue. All staff, both teaching and support, must be aware of the school's policy.

Implementation

1. Health Education is not only delivered via the taught curriculum but in the social climate and ethos of the whole environment of the School. All adults in the School having a vital role to play.
2. Personal, Social and Citizenship Education Co-ordinator is responsible for the developing of Health Education within the PSCE programme.
3. Certain subject areas within the curriculum make a significant contribution,

Physical Education

*Diet and healthy life-style
Drugs in sport
Nutrition*

Science

*Diet, alcohol and drugs
Menstrual cycle
Health and food
Drugs and alcohol abuse.*

Details can be found in the relevant Schemes of Work.

4. The First Aid team
5. The school offers a broad range of co-curricular activities in which all can participate.
6. A healthy wide range of food choices are available at lunch time, including a salad/sandwich bar and a great variety of balanced diet options, catering for all dietary requirements.

Monitoring

The Assistant Head, Pastoral, monitors the policy through liaison with the Head of Nursery and Infant School and Head of Junior School, who evaluate the effectiveness of the policy in their sections.

In the Senior School, the Assistant Head, Pastoral, monitors the policy through discussions with key post holders (particularly the PSCE Co-ordinator, Heads of Year, and the First Aid team), in addition to visits to tutorial time, PSCE lessons and feedback from staff, parents and students.

Links to other policies

- [Pastoral Care Policy](#)
- [Personal, Social, Health and Citizenship Education Policy](#)
- [Safeguarding and Child Protection Policy](#)