



ST JOHN'S COLLEGE
Cardiff

Health Education Policy

St John's College, Cardiff

HEALTH EDUCATION POLICY

This policy applies to the following section/s of the School:
Senior School.

Version: September 2025

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 that 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 wellbeing;
- 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 and Social Education (PSE) Co-ordinator - draws up, implements and reviews the health education programme to respond to the needs of students and external influences.

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

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

Heads of Department (HoDs) - 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. Our PSE (*Personal and Social Education*) Co-ordinator is responsible for the development of Health Education within the PSE programme.
3. Certain subject areas within the curriculum make a significant contribution:

<i>Physical Education</i>	<i>Diet and healthy life-style; Drugs in sport; Nutrition.</i>
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<i>Science</i>	<i>Diet, alcohol, and drugs; Menstrual cycle; Health and food; Drugs and alcohol abuse.</i>
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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, i.e. Heads of Year and the First Aid team, etc. in addition to visits to tutorial time, PSE lessons, and feedback from staff, parents, and students.

Links to other policies

- Pastoral Care Policy
- PSE Policy (*Personal and Social Education*)
- Safeguarding and Child Protection Policy