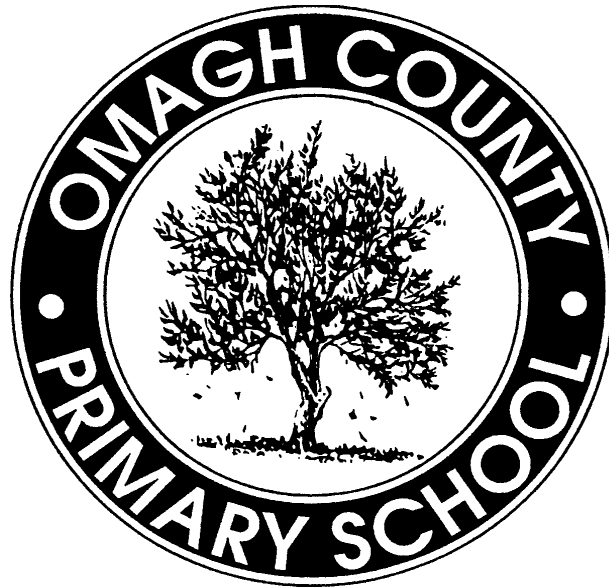


OMAGH COUNTY P.S.



We believe, we achieve....

Health Education Policy

STATEMENT

Health Education is important as it is part of the individual preparation for personal, social and family responsibilities.

It should give pupils the basic knowledge and understanding of health matters both as they affect themselves and others so that they are helped to make informed choices in their daily lives.

The decisions affecting pupils' behaviour are influenced by many factors (outside the school and within the school) and since the decisions a pupil makes can be crucial to his well-being and the well-being of others, health education must stress the individual's responsibility to himself and to others.

Health Education as a cross-curricular theme will be taught across the curriculum from Nursery to Year 7.

AIMS OF HEALTH EDUCATION

1. Should be to promote individual and social awareness.
2. To prepare the individual for social, personal and family responsibilities.
3. To give a basic knowledge and understanding of personal health matters.
4. To help them adapt to change in themselves and their environment.
5. To help understand the feelings, attitudes and values of themselves and others.

OBJECTIVES IN HEALTH EDUCATION

1. Health in the context of personal development

The pupils will:

Personal development

- (a) develop to their full potential.
- (b) develop a positive self image and self confidence.
- (c) understand stages involved in physical and emotional growth.
- (d) understand the factors which govern physical and emotional growth.

Physical fitness, recreation and relaxation

- (e) achieve and maintain appropriate levels of physical fitness.
- (f) understand the role of recreation.
- (g) understand the value of relaxation.

Nutrition

- (h) make responsible decisions about their diet.
- (i) know and understand the contribution of food to growth.
- (j) know and understand the contribution of food to energy.
- (k) know and understand the contribution of food to health.

Uses of and problems related to drugs and other potentially harmful substances

- (l) know and understand the use, misuse, risks and effects of drugs and other potentially harmful substances.
- (m) develop a critical awareness the relevant personal, social and economic implications.

2. Health in the context of social development

The pupils will:

Relationships within the family

- (a) make a positive contribution to the life of the family unit based on their knowledge and concept of family.

Relationships with peers

- (b) manage relationships with peers in a variety of situations.

Relationships with others

- (c) understand the nature of relationships with others.
- (d) as they mature, be able to establish responsible relationships within a widening community.

3. Health in relation to the environment

The pupils will:

Personal safety in the environment

- (a) be able to cope safely and efficiently with their environment.

A healthy environment

- (b) understand what is meant by a healthy environment.
- (c) understand their responsibility for maintaining and improving it.

As part of the school's Health Education programme, the children's good health and well-being will be of paramount importance. In pursuance of this, staff will work towards fulfilling their obligations through meeting the requirements of the statements relating to 'Child Protection' and 'Drugs'.

CHILD PROTECTION

The school has a designated teacher and deputy designated teacher who have the responsibility for Child Protection, and will advise staff on any matters of concern.

It is the duty of the school to protect the pupils in its care and to comply with the recommendations of Education for NI; the school may refer any concerns about the well-being of its pupils to the Social Services Department.

Through the cross-curricular theme of Health Education, children will learn of the need to respect and care for their bodies. By Year 7 they will have learnt the difference between good/prescribed drugs which help maintain good health, and bad/illicit drugs which put health at risk and are life-threatening. Listed below is the school's Drugs Policy Statement.

DRUGS: POLICY STATEMENT

The designated teacher having responsibility for Child Protection will advise staff on Drugs education. There will be a requirement for all children to learn of the dangers of illicit drugs, through the cross-curricular theme of Health Education incorporated with Science. In addition to the duties of the co-ordination of the planning of curricular provision, the designated teacher may be consulted by staff with regard to suspected drugs misuse.

The overall objective of the drugs awareness programme will be to equip young children to withstand peer pressure as they grow older.

In the event of a pupil being identified as having experimented with an illegal substance, or being at risk of doing so, he or she shall be offered appropriate counselling and support within the school's pastoral care structure, and his or her parents shall be informed.

Outside agencies may be consulted and invited into school to give advice and direction, as appropriate.

HEALTHY SNACKS

The Governors and Staff have unanimously agreed to the adoption of a Healthy Break Policy, commencing September 2003.

The overall objective of its adoption will be to raise children's awareness of the need to make responsible decisions about their diet, and develop their understanding of the contribution of nutritious food to good health.

There will be a requirement for school management to encourage the whole school community to benefit from full participation, and class teachers will actively promote the practice of adhering to the initiative on a daily basis i.e. parents and children will be informed that fruit and vegetables and their derivatives should be brought in daily and that fizzy drinks are not acceptable. Children will also be encouraged to keep a bottle of water on their desk throughout the school day.

The management will encourage class, key stage and whole school participation in relevant competitions and healthy eating awareness raising initiatives organised by outside agencies e.g. Action Cancer Health Action Award

Outside agencies will also be invited into school to talk to the children and provide support as required e.g. Cancer Focus, Action Cancer, Action for Children.