

# TASKER MILWARD VC SCHOOL

## HEALTH EDUCATION POLICY

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#### **1. Principle Aims**

To educate and provide an awareness across the curriculum using a whole school approach supported by Skills, Welsh Baccalaureate, Tutorial time, and PSHE days.

It shall be a continual, linked programme, running from KS3 to KS5, taking into account previous provision at KS2 in our family of schools.

The content will be based on the current PSE specification and the pupils will receive, and have access to, a structured programme as is their entitlement.

#### **2. Purposes**

1. To promote healthy living through physical, emotional, social and intellectual means.
2. To provide pupils with the life skills, knowledge and attitudes required to make informed and reasoned decisions concerning the 'Health' of their bodies and minds.
3. To encourage an active concern for promoting a healthy environment, locally, nationally and worldwide in line with the core values of Global Citizenship.
4. To provide a curriculum which reflects and challenges community behaviour and addresses the five key areas of concern as established by the Health of the Nation Survey 1993; these being: Coronary Heart Disease, Cancer, Accidents, HIV/AIDS and Mental Illness.

### **3. Structure:**

1. Explore the local environment, to encourage pupils to develop a positive attitude towards the world in which we live.
2. Make pupils aware that the school ethos places great importance on developing a healthy environment which is conducive to learning.
3. Explore skills for adolescence encouraging pupils to make choices and decisions which relate to their health and wellbeing. Issues will include; Diet, Smoking, Drugs, Alcohol, Stress and Sex Education.
4. Provide pupils with PSE modules in 'Health and Hygiene' including; Personal Hygiene, Dental Health, Diet, Exercise, Stress and Circulatory disorders.
5. Discuss issues relating to bullying and friendships, sexual relationships, exploitation, and disability.
6. Moral and social dilemmas related to sexual health and activity.
7. Sign-posting for advice and help in all areas of PSHE and health education.

### **4. Evaluation**

To ensure that provision meets the requirements of the Healthy Schools Scheme and matches current pupil needs and the PSE curriculum, the following evaluation should take place:

- Provision will be reviewed on an annual basis as part of the SIP process, and will be completed in conjunction with the line manager, head of PSE and person in charge of Healthy schools. This will happen following consultation with the Head of Skills, Head of Welsh Baccalaureate, and the County Coordinator for PSE and Healthy schools.
- An end of year and Key stage survey of pupils using Survey Monkey or pre-printed questionnaire to ascertain the effectiveness of the provision as well as any short-comings.
- Individual events will be evaluated by pupils taking part and a review of the event with the internal or external providers will then take place.