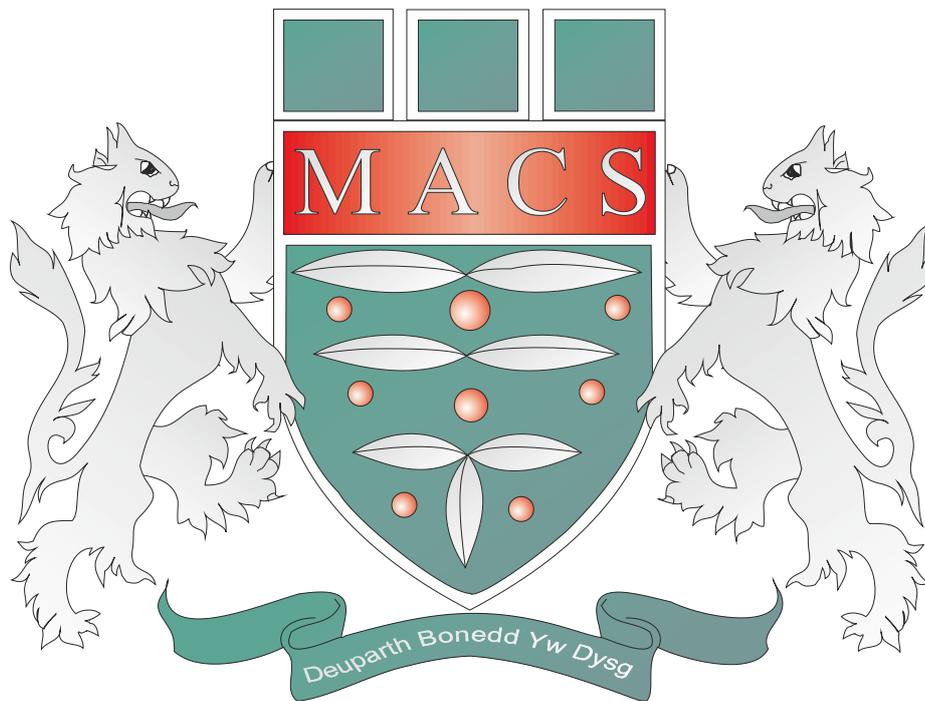


MOUNTAIN ASH COMPREHENSIVE SCHOOL



HEALTH EDUCATION POLICY

Article 29 – goals of education

Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for parents, their own and other cultures, and the environment.

Signed _____ *P. J. J. J.* _____ (Chair of Governors)

Date 30.1.18

Updated January 2018
Next Updated January 2021

HEALTH EDUCATION POLICY

Mountain Ash Comprehensive School recognises the importance of inculcating in its pupils the values of a “healthy body” together with an appreciation and understanding of responsibilities to the community. The School is involved in the “Healthy School Scheme”. The school has a responsibility to help pupils develop the knowledge skills and understanding they need to lead confident and healthy lives which will enable them to reduce the risks to health and help improve the quality of life and the environment. As a cross curricular dimension Health Education permeates all aspects of school life and is encompassed within the teaching of PSE and other subjects.

Aims of Health Education

The following may be identified amongst the aims of health education in the school:

- ◆ Promote the health of young people
- ◆ Provide young people with accurate information about health matters
- ◆ Help young people to understand how they can influence their present and future health;
- ◆ Help young people develop positive self-esteem
- ◆ Help young people clarify the attitudes and values which influence health choices
- ◆ Help young people develop appropriate skills for fostering and maintaining good health;
- ◆ Help young people cope with changes in themselves and others
- ◆ Promote the acquisition of healthy pattern of behaviour

The following components form an agreed basis of health education within the school:

- ◆ Use and misuse of substances such as alcohol, tobacco, medicines and other drugs (see also Substance Misuse policy)
- ◆ The physical, emotional and social aspects of an individual's development as a male or female; personal relationships; responsible attitudes and appropriate behaviour (see also Sex and Relationships Education Policy)
- ◆ Family Life Education - the value and importance of the family as a social institution.
- ◆ Safety - the safety of the individuals in different environments e.g at home, work school, on the road and during leisure activities.
- ◆ Nutrition - the association between diet and health, the nutritional value of various foods, the quality of food preparation and handling.
- ◆ Health - related exercise - the importance of exercise in promoting good health;

- ◆ Personal hygiene - personal cleanliness, avoidance of disease, social considerations.
- ◆ Environmental aspects of health education - the effects of various environments on health; social, physical and economic factors which contribute to health and illness

MONITORING

The PSE Programme is designed to build confidence and encourage self-assessment through discussion of personal and social development.

The Programme seeks to further develop the skills, values and attitudes the pupils need to become confident, informed and responsible, in all aspects of their lives.

Monitoring

The PSE Programme will be monitored by the Senior Management Team.

Regular meetings will be held with the PSE team where progression of the Programme will be discussed. Staff and pupil feedback will also be used in this process.