



Roe Valley Integrated Primary School

Health Education Policy

In this school we regard Health Education as an important part of the curriculum which helps promote the responsible attitudes and skills so developing the whole person.

We believe that Health Education is a very important aspect of the curriculum as there are so many threats to the well-being of each individual through smoking, misuse of drugs, lack of exercise and an unbalanced diet. We also believe that good patterns of behaviour should be established in childhood and must therefore, be addressed soon after a child comes to school.

The programme should put emphasis on encouraging self awareness, individual responsibility and informed decision making to help children determine their future health and lifestyle.

The three main aspects of health education relate to:

Personal development

Social development

The environment

Health Education will be delivered through planned and incidental learning activities which can be used to develop behaviour which is conducive to good health.

The broad areas covered in our programme showing progression through Years 1-7 will include:

Shared Education – Shared Future

Understanding Ourselves (links well with Science AT Living Things)

Lifestyles and Health

Protecting our Health

Safety

Myself and Others

Food Enjoyment and Health

In areas such as Sex Education, Drugs and Child Abuse, co-operation and communication with parents and Board of Governors is essential.

There will be liaison as necessary with the following bodies:

Within school

Board of Governors

Principal

Health Ed. Coordinator

SENCO

Designated Teacher for Child Abuse

Staff

Outside school

Parents

Nurse and Doctor

Dentist

EWO

Social Services

PSNI

Class teachers use all opportunities for integrating Health Education into Monthly Plans.

Healthy eating is constantly encouraged at break time e.g. fruit or vegetables and children are also encouraged to look carefully at what they have for packed lunches.

Information brought back from In-Service Courses will be passed on to Staff at Staff Meetings.

Signed :

Chairperson, Paul Canning

Date:

Signed :

Principal, Anne Quinn

Date: