

The Friary School
Health Education Policy

Issue 3
Summer 2009
Review 2011/12

This policy is designed to support School Aim No. 5 and objectives 1, 5 and 12.

AIM

To help students to make informed choices, establish a healthy lifestyle and build up a system of values.

1. OBJECTIVES FOR A HEALTH CURRICULUM WITHIN THE PLANNED CURRICULUM

1.1 Substance Use and Misuse

The acquisition of knowledge, understanding and skills which enable students to consider the effects of substances such as tobacco, alcohol and other drugs on themselves and others and their legal status, and, to make informed and healthy decisions about the use of such substances.

1.2 Sex and Relationships Education

S.R.E. provides and understanding that positive, caring environments are essential for the development of good self-image and that individuals are in charge of and responsible for their own bodies. It provides knowledge about the processes of reproduction, contraception, S.T.I., and the nature of sexuality and relationships. It encourages the acquisition of skills and attitudes, which allow the students to manage their relationships in a responsible and healthy manner.

1.3 Family Life Education

The principle objective of family life education is that students understand and value the central role of the family as an institution and the important part it plays in the development of attachment, love and concern. This covers the need for good childcare, effective parenting and the changing nature of relationship within the family whilst acknowledging the varied nature of family life in the U.K. today.

1.4 Safety

The acquisition of knowledge and understanding of risk in different environments, together with the development of safety skills and strategies, helps students to maintain their personal safety and that of others.

1.5 Health-Related Exercise

Recognition of the importance of exercise in promoting and maintaining good health encourages students to make positive choices about their own activities.

1.6 Food and Nutrition

Education about nutrition covers the relationship between diet and health, the nutritional quality of different foods and food safety. It provides knowledge and understanding about the consequences of an unhealthy diet, enabling students to make healthy food choices.

1.7 Personal Hygiene

Acquisition of the knowledge and practices needed to promote personal cleanliness helps to reduce transmission of communicable diseases and encourages pride in body maintenance.

1.8 Environmental Aspects of Health Education

An understanding of environmental aspects of health education, including social, physical and economic factors which contribute to health and illness, helps raise the awareness of environmental health issues, how to avoid unnecessary risk and promotes good health.

1.9 Psychological Aspects of Health Education

The acquisition of knowledge and an understanding of the factors that effect mental health, emotional well being and stress, and the development of self-awareness, skills and attitude necessary to act on this knowledge.

2. CRITERIA FOR GOOD PRACTICE

- 2.1 The school addresses Health Education issues within the planned curriculum. There is an agreed policy of Health Education based upon NCC Curriculum Guidance and other relevant guidelines.
- 2.2 The school has a named Information and Guidance Coordinator.
- 2.3 The school has a programme of S.R.E. Parents are informed of their right to withdraw their children from the S.R.E. lessons.
- 2.4 The school is a non-smoking environment for student, staff and visitors. There is an agreed written “No-smoking Policy”.
- 2.5 The school adheres to the Health and Safety at Work Act, and provides a working and learning environment which is clean and safe.
- 2.6 The school promotes a choice of healthy food at meal times and breaks.
- 2.7 The school promotes appropriate healthy physical activity for young people and staff. We are now a “Sports College” as part of combined Specialist School status and hold the ‘Healthy Schools Award’.
- 2.8 The school and other appropriate agencies provide guidance and support structures for young people and staff. When necessary, staff and pupils know how to obtain information and support.
- 2.9 The school has set its own “Health Promotion” objectives * the Emotional Health and Well-Being of students and staff, * Healthy Eating.

3. **OBJECTIVES**

- 3.1 Continue to encourage students to be involved in determining and negotiating the formal and informal health education curriculum via School Council.
- 3.2 Further enhance the part played by the PE Department through Specialist Schools Designation in encouraging Fitness and Healthy Lifestyles in all learners, for example through provision of two hours or more of high quality Physical Activity or Sport throughout Key Stages 3 and 4.
- 3.3 Students to have access to school Fitness Room as part of curriculum and extra-curricular programmes.
- 3.4 Maintain effective liaison with School Nurses and School Health Service.
- 3.5 Maintain effective liaison with Youth and Community workers.

4. **EXAMPLES OF HEALTH EDUCATION IN THE SCHOOL CURRICULUM**

4.1 **Substance Use and Misuse**

* Science	
Y7	Effects of smoking and alcohol on an unborn child
Y9	Health dangers of smoking and alcohol; categories of drugs (prescribed/illegal/ recreational/stimulant/depressant)
Y10	How drugs affect the brain
* Sports Studies (GCSE option)	
Y10-11	Drugs in Sport (GCSE)
* PSHE/Citizenship	
Y7	“Growing Up” – being assertive about being safe; information re. smoking, alcohol, drugs
Y9	“Car Crime” – Drink-driving “Choices” – Substance Abuse; Smoking Staffs County Council Youth Service – 3 Drug Education sessions
Y10	Health Education Module – Drugs (Tobacco, Alcohol, Cannabis etc)
Y12	Drug education session – Staffs County Council Youth Service (Lichfield District)

4.2 **S.R.E.**

* Religious Education	
Y10-11	Relevant topics – “Marriage and Family Life”, “Matters of Life and Death”
* Science	
Y7	“Mechanics” of sexual intercourse IVF Embryo screening
Y8	Spread of disease
Y10	Spread of disease, including S.T.I. IVF

	Embryo screening
Y11	Hormonal control of reproduction, contraceptive pill, fertility treatments
* Child Development (GCSE option)	
Y10-11	Parenthood and pregnancy, family planning, parenting, family structure
* PSHE/Citizenship	
Y7	“Growing Up” – looking back, looking forward; being assertive and being responsible “Puberty” – talk for girls (Always/Tampax)
Y8	“Family Life” – the importance of responsibility in family life
Y9	“Being Assertive” – close relationships; safe choices Input by School Nurse on “contraception”
Y10	Theatre Workshop – “What can I say?” Drama presentation and workshop session on theme of “Healthy Relationships” supported by Staffs H.P.U. Health Education Module – S.R.E. – (contraception, S.T.I., pregnancy, abortion.)
Y12/13	“Staffs Buddies” Talk on HIV and the relevance of S.R.E

4.3 Family Life

* Science	
Y7	Videos set sexual intercourse in the context of a loving relationship
* Child Development (GCSE option)	
Y10-11	Needs of a baby; changing patterns of family life; roles of men and women in society
* Religious Education GCSE	
Y10-11	Relevant topics “Marriage and Family Life” “Social Harmony” * PSHE/Citizenship see 4.2

4.4 Safety

* Science	
Y7-13	Lab Safety
*D&T	
Y7-13	Workshop Safety
* Sports Studies (GCSE option)	
Y10-11	Safety and Risk Assessment as part of Planning and Leading Sports Activities and Practical Sport (BTEC) Safety in Sport (GCSE)
* Food Technology	
Y7-11	Food and Safety
P.E.	
* Y7-13	Safety in PE (safe practice, use of equipment etc)
* Child Development (GCSE option)	
Y10-11	Safety in the home (accident prevention); safety outside the home (safety symbols and legislation)

* PSHE/Citizenship	
Y7	“Growing Up” – safety; video “Young Life Saver”
Y8	“Team Work” – water safety and R.N.L.I.
Y10	“Female Health” talk for Y10 girls (Always/Tampax) “Being Body Aware” – video on testicular cancer for male students
Y12	“Driving Standards Agency” talks Drama and Workshop, “Never Say Die” – Staffs Driving Organisation

4.5 Health Related Exercise

* Science	
Y8	Diet and Lifestyle
Y9	Fitness and Lifestyle
* Sports Studies (GCSE option)	
Y7-9	An understanding that physical activity contributes to the healthy functioning of the body and mind and is an essential component of a healthy lifestyle
Y10-11	Part of Coursework
* Food Technology	
Y8	Healthy Lifestyle – exercise, sleep, dental care, diet
* PSHE/Citizenship	
Y9	“Choices” – exercise; body-shape

4.6 Food and Nutrition

* Science	
Y8 – Y10	Healthy eating and deficiency diseases
* Food Technology	
Y8	Healthy eating – basic nutrition role of nutrients and dietary fibre. Target diet
* Sports Studies (GCSE option)	
Y10-11	Looks at this in depth
* PSHE/Citizenship	
Y9	“Choices” – exercise; body shape

4.7 Personal Hygiene

* Science	
Y8 and Y10	Microbes and disease Spread of disease
* Food Technology	
Y7-11	Food Hygiene rules – personal hygiene when working with food
* PSHE/Citizenship	
Y9	“Choices” – “Getting hot and sweaty”

4.8 Environmental Aspects of Health Education

* Science	
Y9	Drugs and medicines

4.9 Psychological Aspects of Health Education

* Science	
Y9 and Y10	Drugs – dependency/addiction; psychological versus physical, chemical addiction
* Physical Education	
Y7-9	Recognising that regular physical activity that is fun for purpose, safe and enjoyable has the greatest impact on physical, mental and social well being
Y10-11	“Stress and how to cope with it”
* PSHE/Citizenship	
Y7	“Ready to Learn” “Bullies” “Growing Up”
Y8	“Making the Most of your Ability” “Friendship” “Family Life” “All the way back” – drama and workshop sessions on issues surrounding mental health, supported by S.Staffs H.P. U.
Y9	“Choices” “Being Assertive” “Study Skills”
Y10	Health Education Module
Y12	“Settling into University Life” – talk at Post 18 Options Day Clearing talk by Connexions Advisor