

# HAZELWOOD COLLEGE



## Health Education Policy

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### Introduction

Health Education is one of the educational (cross – curricular) themes in the Revised Curriculum. Since September 1992, schools have been legally required to ensure that the objectives of health education are promoted within the curriculum.

As the objectives for health education concern both the cognitive and affective domains, many aspects of college life will be involved in their achievement. To this end, the concept of a health promoting school has developed considerable significance.

“The health promoting college aims at achieving healthy lifestyles for the total college population by developing supportive environments conducive to the promotion of health. It offers opportunities for, and requires commitments to, the provision of a safe and health – enhancing social and physical environment.” (WHO 1993)

Hazelwood Integrated College is a place where people matter. We recognise that good health supports successful learning, so we strive to make our college a healthy place for everyone – students, the Board of Governors, teaching and non – teaching staff, parents and the community at large. Having considered both dimensions of health education when planning and implementing this policy, every effort is made to ensure a whole college approach to health is adopted.

### Aims

The Health Education programme aims to:

1. Provide information on health related issues.
2. Increase students' self – esteem and self – confidence.
3. Encourage students to adopt a healthy lifestyle.
4. Encourage students and provide opportunities for students to think critically, develop the ability to make reasoned choices and exercise responsibility for their own health and that of others.
5. Provide stimulating challenges for all students through a wide range of physical, academic, social and community activities.
6. Develop good liaison with parents / those with parental responsibility, other schools and the local community on a range of health related initiatives.
7. Formulate, implement and review regularly a range of health – related policies for staff and students in line with the college's policy review cycle.

## Objectives

Objectives for the Health Education programme comply with the statutory requirements and are detailed in?

## Implementation

Health Education will be delivered within a college environment which:

1. Is safe, secure and stimulating.
2. Encourages students to be health and safety conscious both in and out of college.
3. Will actively promote students' self – esteem and self – confidence.
4. Will provide opportunities for each student to develop a positive self – image.
5. Will allow for good relationships to flourish.
6. Will encourage students to show respect for themselves and each other.
7. Will provide opportunities for exercise and leisure.
8. Will provide support for the Health Education through appropriate use of qualified outside agencies and specialist services.

Health Education programme has been planned to take account of the statutory requirements and is designed to be accessible to all pupils. It is delivered through four complementary approaches:

1. **As a cross – curricular theme.** Some of the health education objectives are covered as integral parts of the programmes of study for subjects including Home Economics, Religious Studies, Physical Education and Science.
2. **Through PSE.** This approach will build on the fact that PSE allows students to explore issues. Health issues will be addressed during Term 2 to allow equal access for all students.
3. **Through the college ethos.** The college ethos will make a positive contribution to the students' development, by providing opportunities to promote their moral, intellectual, social, emotional and personal development.
4. **Through the active involvement of the wider community.** This approach will encourage the community and school health services, and the wider community including parents to contribute to the college's health education programme.

## Learning and Teaching

Form teachers deliver the PSHE programme in Year 9 – 12, so to foster good student – teacher relationships, students follow through with the same form teacher from Year 9 – 12 as far as is possible. The use of a range of active learning approaches enable learning outcomes that provide students with opportunities to seek out, develop and apply their knowledge, skills, understanding and competences in order to encourage responsibility, develop self – reliance and make healthy choices relevant to them. These include:

Discussion

Circle time

Paired and group work

Case Studies  
Peer teaching  
Role – play  
Drama  
Extended written work  
Debates  
Standpoint taking  
Use of ICT / Art to present leaflets / posters etc.

### **Progression and Continuity**

In order to take account of previous learning, students are given the opportunity to develop and enhance the range of skills and knowledge appropriate to their stage of development by providing a spiral framework for learning and teaching. This allows for health related issues to be revisited several times with an understanding of more complex concepts at each stage, thus ensuring progression and continuity not only within specific subject areas, but also across subject boundaries, particularly in relation to common skills and content.

### **Resources**

In addition to the PSHE materials for students and teachers, a library of resources including leaflets, videos, power – point presentations, games, etc can be borrowed by arrangement with the Pastoral VP / Head of Year.

### **Parental Involvement**

The contribution of parents can enhance the quality of the Health Education programme. Parental support is sought to reinforce positive messages being promoted by the college in a variety of ways:

- Parents' meetings for particular year groups to raise awareness of health – related issues
  - materials used in the health education programme can be displayed and explained
  - an invited outside speaker can address a particular issue
  
- Interviews with individual parents
  - as part of the regular planned programme
  - by the Principal or Health Education Co–ordinator as appropriate
  
- Parents' Council – the planning committee meet regularly to organise events and fund – raise.

## **Community Links**

It is important that the positive messages being promoted within the school are supported not only by parents but also by the wider community. The following statutory bodies provide advice, materials and resources to support the college Health Education programme:

- DENI
- Health Promotion Agency
- CCEA
- WELB – Advisory teacher for Health Education Mrs B Mullan
- Health Team – involved in screening, disease prevention and making students more aware as consumers of health services
- PSNI – Community Liaison Officer
- Omagh District Council Environmental Health Department.

Additionally, numerous voluntary organisations and businesses are concerned with specific aspects of health education.

## **Staff Development and Training**

The Health Education Co-ordinator will attend training provided through BELB, Health Promotion Agency as appropriate and follow – up staff training will be provided through in – house Inset to support other staff in the delivery of the programme.

## **Success Criteria**

The policy will be judged effective if:

- All pupils have access to Health Education
- Student, teacher and parent survey responses to health education issues are positive
- Students show an increased concern for their own health and well – being and that of others
- The school gains recognition through the Health Promoting School Award.

## **Monitoring and Review**

The policy will be monitored by the Health Education co-ordinator on an annual basis. The policy will be reviewed in line with the whole school policy review cycle.