



# **HEALTH EDUCATION POLICY FOR SHAKESPEARE PRIMARY SCHOOLS**

To be reviewed: every 3 years

Adopted by Governors: 1997

To go to: Curriculum Committee

Approved by Governors: January 2024

Reviewed by STB: January 2024

## **RATIONALE**

At Shakespeare Primary School we are aware of our role in helping pupils to develop a healthy lifestyle. We see Health Education as being not only limited to classroom activities, but also something that should be reinforced in all aspects of school life. Staff, Governors and other relevant agencies will work together to promote the health of everyone in the school community. We also recognise the importance of building good relationships, sharing and accepting responsibility, building self-esteem and reducing stress for pupils and staff.

## **AIMS:**

At Shakespeare Primary School we believe that Health Education should:

- Raise awareness of behaviours and issues relating to good health
- Encourage self awareness with respect to personal attitudes, behaviours and responses affecting good health
- Provide opportunities for children to identify, clarify and re-form personal attitudes and to understand and respect others
- Develop personal skills that enable responsible attitudes to personal health to be translated into responsible behaviours, assertiveness skills, coping skills, communications skills etc.
- Improve personal knowledge to help inform individual attitudes and behaviours e.g. knowledge of the body, knowledge of substances and their effect on the body.
- Encourage the active involvement of parents, community and health service agencies to advise, support and contribute to the promotion of good health.
- Ensure that all aspects of school life promote positive health messages.

## **CONTEXT:**

Health Education at Shakespeare should be taught through topic work, PSHE lessons and incidental learning opportunities, which can be used to develop behaviour that is conducive to good health.

Our task is to ensure that key skills, concepts, understanding and attitudes are covered at the appropriate age and stage of development of pupils and within a context that furthers our Health Education aims.

## **OBJECTIVES:**

By the end of Key Stage 1, children should:

- be able to express ideas about what being healthy means

- be able to recognise a variety of actions that affect being healthy
- know what goes into and on the body and understand what is safe and healthy and what is potentially harmful
- know about people who help to keep us safe and healthy
- understand the need for caring and sharing, how caring and sharing helps animals and humans grow and thrive
- be able to share and express feelings e.g. what make 'me' happy, sad, safe, frightened comfortable etc.
- understand that they have rights over their own bodies e.g. 'good' and 'bad' touching
- understand the concept of the family and that there are different types of human family e.g. one parent, foster families
- have a simple, basic understanding of how the body works
- understand the concept of growth and change
- understand that there are differences in human development, including differences brought about by disability
- understand the difference between male and female

**By the end of Key Stage 2 children should:**

- be able to take responsibility for the safety of themselves and others
- develop self-awareness including how personal actions may affect the welfare and health of others
- have knowledge of body systems and how they relate to each other
- understand the components of healthy exercise and healthy eating and their contribution to good health
- understand how the body protects itself
- understand and practise basic health rules e.g. personal hygiene
- understand what happens with death – funerals, rituals – and the importance of acknowledging and sharing feelings and memories
- understand relationships and what contributes to a healthy relationship
- have knowledge of human reproduction
- understand basic first aid and relevant procedures for responding to emergency situations.

## **Roles and Responsibilities**

### **Staff**

All staff will support, contribute and are involved in the promotion of good health. All staff will participate in staff development as and when necessary.

### **Parents**

Parents are asked to support the school in the promotion of good health, particularly in encouraging children to participate in sports and after-school activities and in the provision of healthy snacks and lunches.

### **Governors**

The Governors will monitor the implementation of this policy and evaluate and review every 3 years.

### **Links to other Policies**

This policy has links to other school policies on:

- Sex and Relationships Education - RSE policy
- PSHE policy
- Spiritual, Moral, Social and Cultural
- Pastoral care
- PE policy

### **Policy amendments:**

This policy will be reviewed every 3 years or sooner if required:

Reviewed 1997

Reviewed 1999

Reviewed Jan 2009

Reviewed Feb 2010

Reviewed by Governors Mar 2010

Reviewed May 2013

GE reviewed 2017

STB reviewed 2021

STB reviewed 2024