



LOCATION: CURRICULUM HANDBOOK, DOCUMENT 9

HEALTH EDUCATION POLICY

Date policy first adopted: December 1997

Date reviewed: Autumn 2023

Reviewed By: Claire Wilson

Date ratified by Governing Body: n/a

Date of next review: Autumn 2025

1. Statement of Intent

1.1 The intention of Health Education at Abbey Court School is to provide a broad and balanced curriculum which develops the moral, cultural, mental and physical health of all pupils. We believe that Health Education plays an important part in preparing pupils for the opportunities, responsibilities and experiences which they may encounter in their later lives by providing the fundamental building blocks and characteristics required to enable pupils to keep themselves healthy both physically and mentally. As such Health education is an important part of our PSHCE curriculum. The PSHE Association (2017) says that Section 2.5 of the national curriculum framework states that all schools should make provision for PSHE education identifying “the key concepts, skills and attributes that are developed through PSHE education. These help schools to fulfil their statutory responsibility to support pupils’ spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life”. Abbey Court School PSHE curriculum, of which this policy is a part, reflects this aim.

1.2 To ensure continuity, this policy is intended for use by everyone who is involved with the school. This includes all school staff and people from outside agencies such as Physiotherapists, Occupational Therapists, Speech and Language Therapists, Educational Psychologists and the school nursing team. It will also provide a valuable source of information and reference for new staff joining the school.

2.0 Health Education is part of the Abbey Court School PSHCE curriculum which aims to promote the quality of life and the physical, social and emotional well-being of the individual.

3.0 Health Education at Abbey Court School consists of the following components:

- Personal hygiene
- Safety including first aid
- Health and exercise
- Food and nutrition – healthy eating
- The environmental and psychological aspects of health – e.g. Sex and Relationships Education, Drug & Alcohol education, Health and wellbeing Education.

3.1 This policy has been devised with guidance from DfE Mental Health and Behaviour in Schools (2018) and Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance (2020).

3.2 As stated in the Keeping Children Safe in Education statutory guidance 2023; Schools have an important role to play in supporting the mental health and wellbeing of their pupils, by developing approaches tailored to the particular needs of their pupils. All schools are under a statutory duty to promote the welfare of their pupils, which includes: preventing impairment of children's health or development and acting to enable all children to have the best outcomes. (Full details are set out in Keeping Children Safe in Education [KCSIE] statutory guidance.) Abbey Court School is committed to fulfilling this duty through our aims and values, working collaboratively with parents and professionals and through the PSHE curriculum objectives.

4.0 AIMS

4.1 The aims of the Health Education Policy are:

- To promote health awareness;
- To promote the moral, cultural, spiritual, mental and physical well-being of the pupils;
- To provide pupils with the information, guidance and support, which is necessary for their future lives;
- To provide consistency, continuity and progression across the school;
- To provide a healthy environment for everyone.
- In complementation of the science curriculum and the Relationships Education at Primary and Sex and Relationships Education at secondary; At the end of primary, pupils will be taught facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. At Secondary school, pupils will be taught; the main changes which will take place in males and females and the implications for emotional and physical health.

5.0 OBJECTIVES

- To promote pupils' understanding of the need to take care of their personal hygiene and presentation, understanding the features of their body and changes which occur.
- To promote pupils' understanding of the relationship between diet and health.
- To promote pupils' understanding of the role of exercise in maintaining good health.
- To develop pupils' awareness of safety in different environments including the use of computers and social media and to help them develop skills and strategies required to maintain their own and others' safety.
- To encourage healthy and positive patterns of behaviour by promoting the quality of relationships between individuals in order to raise self-esteem and establish a calm and positive ethos across the school.
- To develop pupils' ability to make decisions and solve problems.
- To make pupils aware of where to gain help and information.
- To work in partnership with parents to enhance learning.
- To develop the mental/emotional health of all.

6. CURRICULUM PLANNING

6.1 The subject leader is responsible for coordinating PSHCE throughout the school and the Health Education aspects of the curriculum area.

6.2 Health Education is planned to take in the needs of all members of the school community.

6.3 Health Education is taught as part of the PSHE programme and through cross-curricular links with other subjects in the National Curriculum. It is delivered in the FE Dept through ASDAN & Duke of Edinburgh Awards and in the Nursery & Reception Class through the Early Years Foundation Stage Curriculum as part of Personal, Social and Emotional Development

6.4 Health Education is taught throughout the school appropriate to the developing needs of the children. Class teachers have access to schemes of work and coverage plans to aid consistency in delivery.

7. STYLES OF TEACHING

7.1 The Health Education programme enables flexibility of approach and teaching styles – e.g. small groups, whole class, across departments and key stages or to individuals, as appropriate.

7.2 When relevant, visitors and specialists are used to deliver areas of the programme, where appropriate.

8.0 STYLES OF LEARNING

8.1 Pupils are encouraged to take part in group discussions if appropriate.

8.2 Individual 1:1 and/or small group sessions are used as appropriate to pupil needs.

8.3 Pupils are encouraged to listen to information being given by a teacher/speaker or from a DVD and to communicate what they have seen and heard.

8.4 Pupils' own experiences may be used as a starting point for further work.

8.5 Role play and drama activities are used to enable pupils to express themselves in a more relaxed and informal way.

8.6 Published materials are used to support teaching and learning. It will also be enhanced by the use of ICT, including plasma screens

8.7 Educational visits are used where appropriate to provide experience of real-life situations.

9.0 ASSESSMENT

9.1 The Health Education Policy meets the requirements of Abbey Court School's Planning, Assessment, Recording and Reporting Policy.

9.2 Health Education is monitored by the PSHE Coordinator and outside consultants.

9.3 As part of PSHE, pupils' understanding of Health Education may be assessed by teachers through the Annual Review.

9.4 Evidence will be placed in a pupil's portfolio.

9.5 Aspects of progress in PSHE against Abbey Court 'P' Levels, The Engagement Model and National Curriculum achievements are discussed at termly progress meetings.

10.0 CROSS-CURRICULAR LINKS

10.1 Health Education is an integral part of the PSHE curriculum and as such it is re-enforced throughout the school day – e.g. during lessons, break and lunch times, bus times and during out-of-school activities including residential opportunities

10.2 Because Health Education includes developing skills in dealing with personal hygiene, safety, relationships, care of the school community and environment, it will need reinforcing at appropriate times during the school day or when a particular circumstance

arises. Health Education needs to be constantly reinforced in all aspects of school life; in lessons, around the school and at play.

11.0 STAFFING AND RESOURCES

11.1 Health Education is taught primarily by the class teacher with the support of Teaching Assistants. The class teachers are supported by the subject leader, the Key Stage Leader, the school nursing team and other outside agencies.

11.2 Resources to enhance the delivery of Health Education are available on both school sites. Delivery will be further enhanced by the use of appropriate ICT, including use of plasma screens

12. EQUAL OPPORTUNITIES

12.1 All pupils at Abbey Court School are given appropriate opportunities to access all areas of the Health Education curriculum appropriate to their needs.

13. HEALTH AND SAFETY

13.1 All teaching and learning within Health Education is subject to the requirements of the school's Health and Safety policy, and all staff are responsible for becoming familiar with it and adhering to its contents.

14. INTEGRATION INCLUDING COMMUNITY LINKS

14.1 Because we recognise that Health Education is a shared responsibility, we are keen to involve parents, families and the wider community in its delivery in order that its content is seen to be of relevance throughout all areas of a pupil's life.

14.2 At various times during the year parents have opportunities to discuss health education with staff – e.g. at Annual Reviews, and parents' evenings – in addition to receiving information through IEPs, timetables, reports, Focus Groups and regular Newsletters.

14.3 Educational visits and the use of visiting speakers are used to enhance the delivery of Health Education. When visitors are used to enhance the delivery of Health Education, it is important that the context and delivery style are discussed beforehand to enable SMT to give appropriate help and guidance.

15. HEALTHY SCHOOLS

Abbey Court School is committed to providing a healthy and safe environment for all our pupils and our commitment to Healthy Schools compliments and supports our all-round Health Education programme.

We hold regular pupil focus groups and the promotion of healthy eating is a focus for staff, pupils and Governors. The focus groups are held regularly in order to give pupils a voice and enable their ideas to be listened to and carried forward. This, we feel, adds to Health Education at Abbey Court School by encouraging pupils to follow a healthier lifestyle.

School lunches are provided by the Medway Local Authority and as such adhere to government guidelines and legislation. In addition, all snacks which are provided in school adhere to Healthy School standards. We are keen to ensure that parents and carers support us by providing their children with healthy and nutritious snacks and packed lunches.

16 EVALUATION AND REVIEW

- 16.1 The policy is monitored throughout the year by the PSHCE Leader and Key Stage Leaders through the examination of class timetables, planning and records and through class and school observations by co-ordinators and external consultants.
- 16.2 The delivery of Health Education is also monitored through scrutinies of pupils' work by the subject leader and the Leadership Group, where there is an agreed agenda and focus to ensure that consistent delivery across the whole school
- 16.3 This policy is reviewed bi-annually in consultation with staff and other relevant parties to ensure the needs of all pupils are being met.