

# Belfast Model School for Girls

*Achievement for All*



## Health Education Policy

Agreed by Board of Governors: Jan 2007

To be reviewed: Jan 2010

### Rationale

The Belfast Model School for Girls aims to prepare pupils for life outside school by improving their understanding and appreciation of a healthy lifestyle. Health Education (H.E.) includes a wide range of topics including Drugs (including alcohol and tobacco), Eating Disorders and Sexual Behaviour.

### Purposes

In this school we strive to enhance pupils' self-esteem by encouraging them to use their initiative, make informed choices and exercise responsibility for their own health and that of others. Our H.E. programme aims:

- to promote positive attitudes towards health
- to develop decision-making skills about matters relating to health, including sexual health.
- to enable pupils to acquire skills in decision making and in managing and handling situations of stress in relation to health.
- to enable pupils to examine and accept responsibilities towards themselves and others.
- to raise pupil awareness of their responsibility for choosing and maintaining a healthy environment by providing an appropriate knowledge base and the skills to interpret it
- to enable pupils to apply their knowledge and skills in real situations.

### Guidelines

- The teacher in charge of H.E. is responsible for co-ordinating the H.E. Programme throughout school.
- H.E. is delivered both as a cross-curricular theme and in designated subjects such as P.S.H.E.
- Where appropriate, outside agencies are invited to have input into the H.E. programme. The teacher in charge of H.E. is responsible for liaising with outside agencies, in conjunction with the Full Service School Coordinator.
- A variety of teaching strategies is used including active learning, group work, use of visual aids, videos and other media.
- Pupils have opportunities to discuss issues appropriate to their age group with peers and staff.
- Pupils have opportunities to explore their own values and attitudes to health issues.
- The school operates a **strict no smoking policy for pupils**.
- The school makes in-house provision for basic medical procedures to be done in school e.g. dental checks, inoculations.
- Pupils and staff are encouraged to evaluate the work of outside agencies in promoting health awareness.
- Posters promoting health issues are displayed around the school.
- Health issues are addressed in school assemblies as appropriate.
- Pupils are made aware that teachers can offer no guarantee of confidentiality where it is deemed the pupil is involved in risk taking behaviour. In such instances the pupil in question is referred to the Designated Teacher.

***These policy Guidelines are translated into action through other policies and procedures, for example:***

*Drugs/Substance Abuse Policy*

*R.S.E. Policy*

*Pastoral Care Policy*

*Curriculum Policy*