

Health and Social Education.  
St. Eithne's Primary School



Revised 2003/2004

## - A Policy Statement -

### Definition of Health

We at St. Eithne's feel that we are responsible for our children's health at least whilst they are in our care. We believe that it is important that we encourage pupils to lead healthy lifestyles. We do this mainly through a programme of exercise and the provision of healthy foods at the school.

Our health education programme includes many different planned or incidental learning opportunities that can be used to develop a healthy lifestyle for each of our children.

We hope that we are able to develop the attitudes and skills necessary for children to make responsible decisions and informed choices in their daily lives.

The three main aspects of health education relate to -

- personal development
- social development
- the environment

### Our main aims are to:-

- help children to determine where they have control over their health and where they can, by conscious choices, determine their future health and lifestyles.
- help pupils to appreciate and be concerned about their environment and learn the importance of courtesy, good manners and consideration for others;
- encourage effective social communication, i.e. to develop social skills;
- promote the confidence and self esteem of pupils ;
- provide clear and realistic objectives appropriate to individual needs and enable children to realise their maximum potential for physical, social and emotional development;

## **Our Goals:**

By the time they leave primary school the children should have had experiences enabling them to have gained a simple knowledge and understanding of health in the context of:

### **(i) Personal Development**

- a) How we grow, senses and hygiene.
- b) Physical fitness - the conditions that promote healthy growth and development, fresh air, exercise, hygiene, sleep and rest.
- c) Nutrition - contribution of food to growth, energy and health, making responsible decisions about their diet.
- d) Uses of potentially harmful substances and drugs - health hazards smoking, alcohol, and misuse of pills and medicines.

### **(ii) Social Development**

- a) Relationships within the family - helping at home, sharing, responsibilities.
- b) Relationships with peers - importance of friendships.
- c) Relationships with others - co-operation with others, tolerance, understanding of social rules.

### **(iii) The Environment**

- a) Safety - on the roads, in the home, in the water, in the environment.
- b) Consider the factors that affect health in the environment - litter, pollution, water etc.
- c) Responsibility for maintaining the environment, suggestions for this improvement.

## **Co-ordinating our Programme**

Every teacher in the school is aware of our priorities concerning the Health of our children. The programme is taught through a number of subjects.

Religious Education:- Social, moral and emotional aspects.

Physical education:- Physical well being and exercise.

Science:- About ourselves, i.e. parts of the body , a healthy lifestyle etc.

## **Extra-curricular programme.**

Our extra-curricular programme serves not only to develop the children socially and emotionally in clubs such as Choir Group, Computer Club, Art & Design and Reading Games Club. We also promote the development of our pupils physically in Swimming, Net-ball and Football clubs.

## Some Rules & Procedures.

### 1. PE Policy on clothing in the Hall.

- Children should change for PE and wear either shorts & T-shirt or T-shirt and track suit bottoms. The little black slippers must be worn in the hall. Appropriate footwear should be worn in the playground during PE (The Health and Safety of the children is paramount). (P.1 & 2 children at least need the proper footwear).
- Children should keep their PE gear in a small bag and they should be given the opportunity to leave these in school and to hang these on their coat hooks outside the classroom.
- Children may wear their shorts and T-shirts under their uniforms so that it is easy to change for PE. **However**, girls would not be allowed to wear a track suit bottoms under skirts etc. This is unnecessary as they can easily pull on the track suit bottoms with discretion.
- Teachers cannot deny pupils PE in the hall as a punishment because it is their statutory right. However, if a child has not got the right equipment they are putting themselves at risk and measures to maintain their health and safety is the responsibility of the class teacher.

Kit should where possible be kept on the coat hooks.

**Teachers will place a timetable at the classroom door so those children would remember. A full timetable displayed by the door is not absolutely essential. Teachers could place a chart at their door detailing times for PE, Art, (recorder to remind P.4 & 5 pupils) Music and Games.**

### 2. Healthy Eating at St. Eithne's

- Children are offered Milk and fruit at Break time every day.
- No child would be allowed to bring in chocolate, sweets, crisps or any similar products for consumption during break time. Drinks were not allowed with the exception of water as most of these drinks were known to contain too much sugar etc.
- Children are encouraged not to bring sandwiches with unhealthy fillings for break time and lunch time.
- We encourage parents of children who have packed lunches to follow sensible and healthy choices for their children at lunchtime by sending out a comprehensive suggestion list each year to new parents.

- There are always exceptions to the rules and pupils who were allergic to milk or might have diabetes or similar condition would be considered exceptional cases.

### **No - Smoking Policy**

As part of our health education and Health and Safety policies.

It has been agreed by staff that no member of staff may smoke on the school premises or where they can be seen by the pupils.

## **SCHOOL SMOKING POLICY**

The Board of Governors and the staff of St. Eithne's Primary School, having consulted all those who work within the school premises agreed that:

"Staff and children have the right to breathe smoke free air but wherever possible take account of the needs of those who smoke."

From 1 January 2000 the school was considered a non-smoking environment.

- 1) This means that all staff, teaching, peripatetic, support and non-teaching may not smoke while in the school building.
- 2) No smoking notices must be observed at all functions.
- 3) Where possible no smoking should take place within the grounds.

This has been approved by the Board of Governors (See page 12).

**THIS IS A HEALTH PROMOTING SCHOOL.**

### **Drugs Education And Sex Education.**

We are committed to a clear policy on both Drugs Education and Sex Education. This has been agreed amongst staff and the Board of Governors. (Policies available).