



BOLDON SCHOOL HEALTHY LIFESTYLE AND SAFETY POLICY

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The school subscribes to the following statements by HMI Curriculum Matters 6: Health Education from 5 - 16

Education for health begins in the home where patterns of behaviour and attitude influence health for good or ill throughout life.

The task of the school is to support and promote attitudes, practices and understanding conducive to good health.

Attempts to counter influences that are conducive to good health must be done with sensitive regard to the relationship that exists between children and their families.

The schools regard for healthy lifestyle must be expressed not only through its normal academic and pastoral arrangements but also through:

- The whole school environment.
- The pattern of relationships established.
- The values transmitted by the personal example of all adults in the school.
- The self-esteem fostered among the pupils.

For these reasons the school accepts that it cannot formalise every aspect of a healthy lifestyle.

The school recognises and accepts that within the framework of general care and the well being of pupils, it is essential to organise and plan carefully the formal components of knowledge and skills.

Key Stage 3

Developing a healthy, safer lifestyle. Pupils should be taught:

- To recognise the physical and emotional changes that take place during puberty and how to manage these changes in a positive way.

- How to keep healthy and what influences health, including the media.
- That good relationships and an appropriate balance between work, leisure and exercise can promote physical and mental health.
- Basic facts including the law and school rules, about alcohol and tobacco, illegal substances and the risk of misusing prescribed drugs.
- In the context of the importance of relationships, about human reproduction, contraception, sexually transmitted infections, HIV and high-risk behaviours including early sexual activity.
- To recognise and manage risk and make safer choices and healthy lifestyles, different environments and travel.
- To recognise when pressure from others threatens their personal safety and well being, and to develop effective ways and strategy to resist pressure including knowing when and where to get help
- Basic emergency and procedures and where to get help and support.

Key Stage 4

Developing a healthy, safer lifestyle.

Pupils should be taught:

- To think about the alternatives and long and short-term consequences when making decisions about personal health.
- To use assertiveness skills to resist unhelpful pressure.
- The causes, symptoms and treatments for stress and depression, and to identify strategies for prevention, reduction and management.
- About the link between eating patterns and self-image, including eating disorders.
- About the health risks of alcohol, tobacco and other drug use, early sexual activity and pregnancy, different food choices and sunbathing and about safer choices they can make.
- In the context of relationships, how different forms of contraception work, and where to get advice, in order to make future choices.

- To seek professional advice confidently and find information about health.
- To recognise and follow health and safety requirements and develop the skills to cope with emergency situations that require basic aid procedures, including resuscitation techniques.

This policy statement should be seen in the context of the schools "Policy Document for the Pastoral Curriculum", where details are given regarding: -

- 1) The process for arriving at healthy lifestyle topics within the set P.S.H.C.E. programme.
- 2) Monitoring and evaluating the programme.
- 3) Teachers' responsibility.
- 4) Reviewing the topics within the programme.

Separate policy statements exist for Sex Education, Drug Education and an Anti-Bullying Policy and this policy statement should be interpreted within those contexts.

Similarly there are policy statements on Discipline and Child Protection that also have relevance in the interpretation of this policy statement.

The school nurse has a drop in session every Wednesday in the medical room.