

Health Promotion Policy 2008

Purpose:

To identify whole school expectations concerning Health Education and living healthy lifestyles.

To ensure principles of a Health Promoting School are upheld following the characteristics set out in Being Well-Doing Well.

Underpinning Principles:

We endorse the principles of a Health Promoting School based on the following definition-

“Health Promotion can be viewed as a combination of health education and all the other actions which a school takes to protect and improve the health of those within it.”
(Scottish CCC/SHEG 1990)

We recognise that there are three aspects of health education -physical, emotional and social.

- We consider emotional and mental health to mean the same and recognise that Emotional/Mental health has become an increasingly important aspect of education.
- We recognise that a holistic approach to Health Education where pupils are active learners is most effective.
- We recognise that both pupil and staff needs should be taken into consideration, incorporating stress management into current practices.

Statement of Policy

At Tinto Primary and Nursery we are very aware of the importance of our role in encouraging pupils to develop a healthy lifestyle. We see health education as impacting on all aspects of school life. We feel that health education should equip our young people with the knowledge and skills to make informed decisions and responsible choices in matters relating to their health and well-being. We recognise the importance of building good relationships, sharing and accepting responsibility, building self-esteem and reducing stress for pupils and staff.

The curriculum and methods of learning and teaching should provide appropriate challenge, participation and support for pupils and have a positive effect on their health and well-being. Health education should be encouraged through all aspects of school life.

Staff (including catering staff), pupils , Integrated Community Services and other agencies (e.g. Active Schools Co-ordinator, Family Support Worker) should work in partnership with parents and carers to encourage a collective responsibility for promoting good health.

- Pupils should achieve and maintain an appropriate level of fitness. (2 hrs P.E / After School Club)
- Pupils should understand the benefits of recreation and the value of relaxation.
- Pupils should be given the knowledge and understanding to make appropriate choices for a healthy diet.
- Pupils will be given the information and skills to enable them to make responsible decisions about healthy living.
- Pupils will be given knowledge and information to recognise the use, misuse and effects of drugs and other harmful substances.
- Pupils will be given opportunities to explore friendships, peer pressure and the influence of peer groups. They will be encouraged to develop and practise a sense of fair play, tolerance, sharing and co-operation.

Certain values should be reinforced as essential to the development of individuals as citizens of society. Personal qualities such as self-esteem, confidence, initiative, determination and emotional maturity are pre-requisites of becoming a responsible, caring and effective participant in the community. A Health Promoting School should provide pupils with opportunities to foster the acquisition of these personal qualities. Learning and teaching strategies should bring together aspects of knowledge, understanding, skills and values.

Useful Reading

Being Well- Doing Well

The Health Promoting School

How Good is Our School 3

Child at the Centre 2

Health 4 all (2005)

Hungry for Success

Hungry for Success (Further food for Thought) 2008

Nutritional Requirements for Food and Drink in School (Scotland) 2008

Healthy Eating, Active Living 2008

Healthy Eating in Schools 2008

The School (Health and nutrition) (Scotland) Act 2007